

The Waltonwood Experience



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ROYAL OAK CONNECT

FEBRUARY 2023



Exercise-Focused Dementia Research

In a recent 11-year study on dementia focused on prevention, researchers followed over 500,000 people for a little over 10 years. During that time, 5,000 people from the study were diagnosed with dementia. People who exercised vigorously most weeks by playing sports, working out, or fast walking were 35 percent less likely to get dementia (even if they were genetically predisposed). Non-exercisers who were active doing chores, housework, or dancing socially, for example, were 21 percent less likely to be diagnosed with dementia.

Researchers from Dartmouth University recently published a study of people taking various memory tests after exercising. Their activity levels were recorded automatically through Fitbit watches worn by the participants. The study was small, with just over 100 participants. People who did moderate exercise like walking or relaxing yoga showed improvements in "episodic memory," or remembering events—like a lunch date earlier in the month—after working out. People who did high-intensity workouts like biking or running showed more improvement in "spatial memory," which helps you recall where you put your keys or a driving route. This study shows the importance of daily exercise.

COMMUNITY MANAGEMENT

Adam Merrell
Regional Director of Operations

Michelle Hasberry
Business Office Manager

Donyel Snead
Life Enrichment Manager

Tonicka Benefield
Resident Care Manager

Charlie Harris
Wellness Coordinator

Jill Thomas
Area Manager of Sales

Kelly Luchkovitz
Dining Room Supervisor

Tashila Green
Dining Room Supervisor

Kathleen Whitehead
Housekeeping and Laundry

February Birthdays

Residents

- Alice J. 2/3
- Patricia S. 2/6
- Angeline H. 2/12
- Tena B. 2/15
- Bob A. 2/28

Associates

- Stephanie B. 2/3
- Kathleen W. 2/12

New Residents

- Beverly A.
- Michael M.
- Mary H.
- Bill S.

From our kitchen to yours...

FRIED CHICKEN

Ingredients

- 4 cups all-purpose flour, divided
- 2 T garlic salt
- 1 T paprika
- 3 t pepper, divided
- 2 1/2 t poultry seasoning
- 2 large eggs
- 1 1/2 cups water
- 1 t salt
- 2 broiler/fryer chickens (3 1/2 to 4 pounds each), cut up
- Oil for deep-fat frying (canola, vegetable or peanut oil)
- Buttermilk (optional)

Instructions

In a large shallow dish, combine 2 2/3 cups flour, garlic salt, paprika, 2 1/2 t pepper, and poultry seasoning. In another shallow dish, beat eggs and 1 1/2 cups water; add 1 t salt and the remaining 1 1/3 cups flour, and 1/2 t pepper. Dip chicken in egg mixture, then place in flour mixture, a few pieces at a time. Turn to coat. In a deep-fat fryer, heat oil to 375°. Fry chicken, several pieces at a time, until skin is golden brown and a thermometer inserted into chicken reads 165° (7-8 minutes on each side). Drain on paper towels.

TIP: Brining the chicken in buttermilk before frying will give you moist and juicy results. The acid in the buttermilk helps break down the protein in the chicken, creating tender meat.



\$3,500 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Cassandra is not only a server in the dining room she is the spotlight employee of the month. Cassandra has been with Waltonwood since June and has been seen picking up shifts, volunteering in the dish room and being a helpful server. Cassandra loves being a part of a great culinary team and welcomes more opportunity to learn and grow with the company. On the weekends you can find Cassandra drawing cartoon animation with her 3 grandchildren, sipping on a Carmel Frappuccino from Starbucks, (if calories didn't count) and watching Tigers baseball. Hip hip hooray for Cassandra.



TRANSPORTATION INFORMATION

The Waltonwood bus is available for reservations to go to medically necessary doctor's appointments & essential errands (grocery store, banks, salons)! Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm! Please make bus reservations at the front desk. You can also speak to Mary Ann personally to set up your reservations. If we are not able to accommodate your scheduled appointments you may wish to contact the Smart Bus Company at 866-962-5515



JANUARY HIGHLIGHTS

10

Sanders Candy Factory Tour

07

Tea Tasting



22

Chinese New Year

23

Celebrating Activity Professional Week



FEBRUARY SPECIAL EVENTS

03

Go Red for Women Celebration

11

Alnur African Dancers 2:30pm

12

Super Bowl Tailgate Party 2:30pm

17

Outing Charles H. Wright Museum 1:00pm



Random Acts of Kindness 2023
WRO goal for the month is 200!

FOCUS ON FITNESS: Here and Now

Much like our personalities our fitness experience is uniquely ours. Strengths, weaknesses, abilities and limitations all shape our overall health and wellness. While previous experiences often influence our perception of how we "should" be when assessing our current state, don't let them be the defining factor in your overall success. Having our focus at things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the here and now! **Chris Grabowski**

Valentine's Day Around the World

On Valentine's Day in Wales, a man carves a wooden "love spoon" for his beloved, decorating it with symbols like a key (to his heart). Danes exchange pressed white flowers and "joke letters" signed with dots. In South Korea, men receive the gifts—ladies get their gifts a month later on March 14. In Iraq, lovers exchange red apples decorated with cloves, representing Adam and Eve. In Paris every year, on the weekend closest to Feb. 14, Saint Valentin offers lovers the chance to marry in a rose-covered garden and pin love notes on the Tree of Vows. In Italy the city of Verona receives about 1,000 letters addressed to Juliet on Valentine's Day. Verona is where Shakespeare's Romeo and Juliet lived.