

CHERRY HILL CONNECT

FEBRUARY 2023

February is the border between winter and spring. – Terri Guillemetes.



If January is the month of change,
 February is the month of lasting change.
 January is for dreamers,
 and February is for doers ~ March Parent

Activities Corner: FEBRUARY is Here!

Happy February All! The year is in full swing, and February has much to offer. February is a short month, but it is packed with many celebrations from with Valentines Day, Black History Month, President's Day, Superbowl, and more.

We ask that you please review your calendar as we have much planned and keep a close eye on our community television screens and channel for updates. Although we are happy to update you with memos, when necessary, we are asking that you please remember you remember that we post critical information on the community televisions throughout the week. We would like to minimize the memos that go out daily, so we are asking that you please begin to use the television as a source for community updates. We want to make sure you are all informed as we know there is much that happens throughout the day.

-Life Enrichment Department

Resident Information/Meeting Reminder

- **Resident Council Meeting: February 1st @ 2pm (CR)**
Any suggestions, comments, concerns, or positive feedback can be placed in the suggestion box in the Post Office for Resident Council. These are read monthly at the council meetings.
- **Food Meeting: February 16th @ 11am (DR)** We will not have a food Meeting in December. We will schedule a food meeting in January to start the new year off right
- **Town Hall February 17th @ 1pm (DR)** EVERYONE IS INVITED to hear from every department manager about community updates.

Black History Month Celebrations!



African Fashion Show:

Join us as we celebrate Black History Month with our first community Fashion Show! We have authentic clothing and jewelry to present from Africa. We will also have some treats available for you to enjoy.

Black History Food Highlight:

Every Saturday for the month of February we are highlighting special food items associated with African American Culture. We will also keep the dining room decorated during the month for fun.

Black History Movie Highlight:

Please keep an eye on the calendar for all of the wonderful movies that we are showing to celebrate Black History and how far the world has come. Let's all CELEBRATE!



Celebrating IL Resident Birthdays in the month of FEBRUARY!

HAPPY BIRTHDAY

Well Wishes to you all!

Kathy Kamstra	2/2
John Cotner	2/5
Mathilda Kiernan	2/6
Dottie Sypher	2/9
Hyo Park	2/14
Isabelle Conner	2/17
Michael Goetz	2/17
Mary Jo Weissman	2/24
Bob Pierce	2/25
Gerald McKelvey	2/27
Mary Andrecovich	2/20
Margaret Uebelacker	2/28

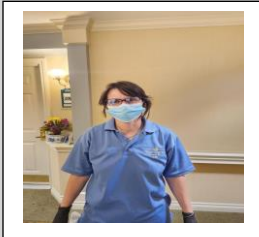


\$3,500 RESIDENT REFERRAL BONUS

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



Lumi Sylvester has been with us since 04/06/20110 and has been a true asset to Waltonwood. Lumi works very hard at everything she does and only gives 100%. She is very efficient and thorough at her job. She does not mind getting her hands dirty and she does it with pride.

SUPERBOWL 2023 WHO ARE YOU ROOTING FOR? THE CHIEF'S OR BENGALS?

FEB. 6TH SUPERBOWL VOTING
12PM (PO) VOTE & GRAB A SNACK
FEB. 12TH @ 6:30PM
SUPERBOWL WILL PLAY IN THE
THEATER!

RANDOM ACTS OF KINDNESS!

Last year we completed 2,970 Random Acts of Kindness during our 2022 Random Acts of Kindness Challenge! This year our goal is to complete 2,023 Acts of Kindness during the month of February. We can do it! Each week the calendar will highlight a Random Act of Kindness focus and we encourage all to participate. Please review the calendar for these specific acts of kindness and visit the display table on the second floor to submit your Random Acts of Kindness.

TRANSPORTATION INFORMATION

Transportation requests for personal needs must be received a minimum of 48 hours in advance as we are still looking for another driver. Please see the front desk receptionist to make your request. A driver will follow up to confirm if your bus request can be accommodated. We have the bus Monday's Wednesdays, and Fridays. Memory Care and Assisted Living have priority over transports on Tuesdays and Thursdays. **Please make sure you are downstairs on time for your transport.**

FEBRUARY VALENTINE EVENTS

7

Carnation Table:
We are offering carnation flower delivery for all who place an order. Flowers will be delivered February 14th btw. 11-2pm.

8

Phoenix Theatre Outing: 80's for Brady: This movie was inspired by the true story of four friends living life to the fullest.

14

Valentine Day couples Luncheon: Valentine's Day is here and we are excited to host our first V-day couples' luncheon. Sign you and your partner up today. Lunch served

13

Valentine Day Movie: "Pretty Woman": Join us for the classic movie that stole the hearts of many. with Richard Gere and Julia Roberts.

15

Restaurant Outing: Red Robins. Famous for their steak fries and signature burgers. Sign up Today!

21

Paczki Day has arrived! Come out to the post office and grab your paczki, starting at 12pm.

CHARITY UPDATE: SALVATION ARMY SUCCESS!

Thank you to all that participated in our hat, gloves, and blanket Drive. We appreciate all those that took the time to knit, crochet, or purchase the items that allowed us to successfully donate to a worthy cause.



JANUARY HIGHLIGHTS: Making Memories!!

4 **Waltonwood Cherry Hill Choir concert:** Who can forget the Waltonwood tea party where we welcomed back harpist Lauren Federbush.

8 **Honoring MLK DAY!** Waltonwood took time out of our day to build a display table to honor the great Martin Luther King Jr.



FEBRUARY 3rd Go RED!

National Heart Month is in February, and we are going RED! We have heart healthy programs planned such as Cardio Drumming with fitness instructor Jasmine Teachout, CEO Motivated and Moving, and a special Healthy Juice Happy Hour and Entertainment. We hope you join us for all these exciting events and don't forget to WEAR RED!!!!!!

FEBRUARY COMMUNITY CONTEST!

Thank you so much to all of the residents that participated in our employee baby contest as it was much fun. This month we are continuing the fun with our "Guess the kisses" contest. There will be a jar of Valentine kisses located in the Post Office and we ask you to take a simple guess of how many kisses you think are in the jar. Happy Guessing! Contest will begin February 6th!

FOREVER FITNESS NEWS

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~ Senior Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends.

Happy February! We have so much to celebrate in February. We are looking forward to all of the festivities that February will bring. Go Red For Women and Heart Health month. Wear red to raise awareness about cardiovascular disease. More information available at the website below. We celebrate our success with offering good communication and updates for Waltonwood Cherry Hill. Please note that behind every mask our staff has a smile to brighten your day!

It's a pleasure to be of service and please feel free to contact me with any questions that may have at Tiffany.tucker@singhmail.com

<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>