

Happy
Birthday



Welcome to February

February 3rd:

Here at Waltonwood we will be celebrating Go Red for Women to raise awareness for Heart Health Awareness Month! Our community will be wearing red in celebration and we encourage all to participate! For more information, please visit:

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



RESIDENT BIRTHDAYS!

- Helen N. 2/2
- Madeline H. 2/15
- Nancy B. 2/15

CHERRY HILL CONNECT

FEBRUARY 2023



Welcome to Waltonwood

Happy February Waltonwood Family!

February is a month of health, kindness, love and celebration! We have so many fun things in store for this month and can't wait to celebrate with our family here at Waltonwood! We wish everyone a wonderful Valentine's Day and are so excited for what February has in store!

We would also like to extend a warm welcome to all of our recent move-ins. Thank you for choosing us and welcome to the Waltonwood Family!



Redefining Retirement Living

SINGH

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www.waltonwood.com | 734-335-1102
Facebook: /WaltonwoodCherryHill

COMMUNITY MANAGEMENT

Tiffany Tucker
Executive Director

Rebecca Nims
Business Office Manager

Renee Ralsky
Marketing Manager

Jarret Moore
Culinary Services Manager

Andrew Raudszus
Environmental Services
Manager

Krystal Sidibe
Independent Living Manager

Ebony Adams
IL Life Enrichment Manager

Logan Winton
AL Life Enrichment Manager

Emira Sinani
MC Life Enrichment Manager

Jasmine Montgomery
Resident Care Manager

Tierre Shaw
AL Wellness Coordinator

Teniya Travis
MC Wellness Coordinator

\$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

AL/MC Associate of the Month
Amber

Amber, thank you for your dedication to the residents! You bring true value to Waltonwood. Your patience, consistency and kindness are noticed every single day. We are so thankful for all that you do and are lucky to have you as part of our Waltonwood Family.

Please see the front desk concierge to nominate an associate you feel has been doing a wonderful job!

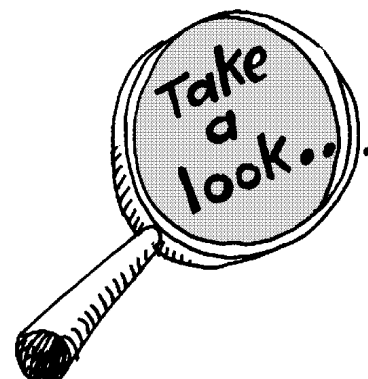


FOREVER FIT: FOCUS ON FITNESS

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, Forever Fit Manager



JANUARY HIGHLIGHTS

5

We celebrated the 100th birthday of Jean H. Everyone enjoyed a dessert bar and a reading of the story of Jean’s life, written in her own words.

13

Residents enjoyed root beer floats and some of their favorite tunes! They also played a game of guess that 60’s tune!

25

Residents enjoyed a happy hour mocktail and conversation with friends!



FEBRUARY SPECIAL EVENTS

1

In honor of Random Acts of Kindness Month, we will kickstart the month with happy hour and a discussion of ways to spread kindness in the community!

3

In honor of Heart Health awareness and Go Red for Women the community will be wearing red in celebration!

8

Safer Internet Day will be celebrated with a presentation from Officer Patty on ways to be safe while using the internet!

14

We will celebrate Valentine’s Day with a party including cookie decorating and create-your-own trail mix!



EXECUTIVE DIRECTOR CORNER: Tiffiany Tucker

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 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 you may have at Tiffiany.tucker@singhmail.com

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