



RESIDENT & ASSOCIATE BIRTHDAYS

- Marie M. 2/25

Welcome to February

Residents Information

- Any suggestions, concerns, positive feedback and comments can be placed in the suggestion box in the Post Office for Resident Council. These are read monthly at the council meeting.
- Also family members of residents and residents themselves are encouraged to throw their vote for the associate of the month into the suggestion box.
- Transportation is available. Please be reminded that it is best that you make your appointments Mondays, Wednesdays, and Fridays. Assisted Living and Memory Care have medical runs and outings as well, so they have priority on transportation Tuesdays & Thursdays. We will do our best to accommodate your requests, so please make your appointments at least 48 hours in advance.



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

CHERRY HILL CONNECT

FEBRUARY 2023



Welcome to Waltonwood

Happy that February has 28 days?! At Waltonwood community happiness does not end here. We are looking forward our residents to celebrate throughout the month, and yes, there is a lot to celebrate about. February, as a black history month will bring education and celebration of inspirational African - American figures; it will convey the harmonious relationship of different religions; it will offer all of us the celebration of Groundhog Day, Heart Health Awareness Day, Make a Friend Day, Valentine's Day, Random Kindness Day, President's Day, Mardi Grass Day, Floral Design Day, National Boy Scout Day and of course live entertainments of the month.



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COMMUNITY MANAGEMENT

Tiffany Tucker
 Executive Director

Rebecca Nims
 Business Office 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

Ermira Sinani
 MC Life Enrichment Manager

Renee Ralsky
 Marketing Manager

Jasmine Montgomery
 Resident Care Manager

Tierra Shaw
 Wellness Coordinator

Teniya Travis
 MC Wellness Coordinator



ASSOCIATE SPOTLIGHT

Amber is a new staff member in our community, she is proving herself to be a great addition to WCH staff. She exhibits on daily bases a caring, patient attitude towards the residents and willingness to assist the life enrichment whenever she can.

Thank you, Amber!

JANUARY HIGHLIGHTS

1

Waltonwood Memory Care started 2023 off with a great live entertainment from James Kachans who delivered a very joyful atmosphere.



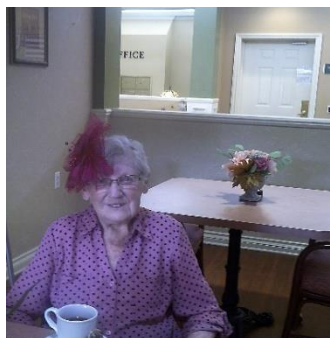
11

Winter Bowling League, what a great way to bring the competitive spirits among residents of Waltonwood family!



15

English women's Tea Party introduced the residents with the history of the tea party, the feel of the glamorous English lady hat, the taste of a good hot cup of tea and wonderful socialization.



28

Chinese New Year was celebrated in many ways at WCH, one of them was getting familiar with this holiday in Chinese culture and playing the Chinese New Year bingo.



FOREVER FIT/WELLNESS TOPIC/LE

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. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the here and now!

Best Wishes,
Chris Grabowski, MS | Senior Forever Fit Manager

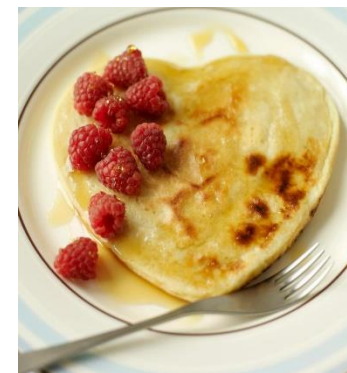
FEBRUARY SPECIAL EVENTS

03

February 3rd will be the day of to "Go Red WCH" to increase the awareness on health heart at women. It will be celebrated in the form of a physical exercise, nutritional education and meditation.

14

Residents will be celebrating the 14th of February in a very loving way towards their family members, pets, and friends with live entertainment, the sweet taste of chocolate covered strawberries, strawberry mimosa and heartfelt messages for their loved ones.



17

No act is too small! Kindness comes in so many different ways. The residents of WCH will be writing appreciation messages to our mailman/woman who delivers letters and postcards to our community every single day, loving messages to their loved ones on Valentines Day, thankful messages will be delivered on the 11th of February to their dear new friends, will be interacting kindly with the younger generations and share some advised they have for them.

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The Mardi Grass Day will be celebrated with craft making, chair dancing under the sounds of Polish music and the taste of Paczki doughnuts.



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 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 Tiffany.tucker@singhmail.com <mailto:Tiffany.tucker@singhmail.com>