



Musical Guests This Month

4

1:00 Carol Jean Sing-a-Long

14

1:00 Traveling Bob



19

6:00 Kevin Wills

29

3:00 D & A Duo

- Resident Birthdays
- Waultina Davis 9/9
- Natalie Payne 9/13
- Staff Birthdays
- Brennen Bolinger 9/3
- James McClan 9/9
- Jon Beckett 9/16
- Christopher Polasky 9/20
- Christopher Robertson 9/25

Life Enrichment Outings

September 19- Detroit Institute of Arts

12-4pm. One-hour guided museum highlights tour, followed by an hour of self-tour time to view various galleries. Box lunch will be provided early for residents who plan to attend this event. RSVP by 9/5.

September 26- Paint Creek Cider Mill

2-4pm. Enjoy fresh pressed Cider and Cinnamon Sugar Donuts at the historic Paint Creek Cider Mill. Baked goods and other items may be purchased from the bakery or store. RSVP by 9/22.

RSVP with activities or front desk.



\$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!

UNIVERSITY CONNECT

SEPTEMBER 2023



3250 Walton Blvd, Rochester Hills, MI 43309
www.waltonwood.com
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COMMUNITY MANAGEMENT

- Jonathon Hills
Executive Director
- Dan Bannigan
Culinary Services Manager
- Taylor Crowe
Environmental Services Manager
- Katelyn Pescola
IL Life Enrichment Manager
- Donna Donakowski
AL Life Enrichment Manager
- Celeste Roth
Marketing Manager
- Derricka Mason
Resident Care Manager
- Henry Peoples
Wellness Coordinator
- Tammy Collins
Business Manager



Assisted Living Week Special Events

Sunday, September 10th-Sundae Bar with Staff 1-3pm
Activity Room

Monday, September 11th-Sunflower Craft 1pm
Activity Room

Tuesday, September 12th-Wii Sports 2:30pm
Commons

Wednesday, September 13th-Tie Dye & Punch Day 2:30pm
Activity Room

Thursday, September 14th-Little Donut Factory 10am
Parking Lot

Friday, September 15th-Salsa Making 2:30pm
Activity Room



Employee Spotlight-
Giselle Martinez

Giselle Martinez has worked at Waltonwood University for three years. She was interested to work here because her close friend also works here. Giselle lives in Pontiac. She has three sisters and a brother. She enjoys being active, going on walks, swimming, and traveling in her free time. Giselle likes to spend quality time with each resident, and is especially interested to hear their unique stories about the past. Giselle is hoping to attend nursing school and eventually work in an outpatient nursing setting. Thank you, Giselle, for your hard work and commitment to our residents.

August HIGHLIGHTS

7

Lighthouse Painting

10

Cardio Drumming
Exercise Class



8

Oppenheimer Movie
Outing

31

End of Summer
Luau Party



FOREVER FIT/WELLNESS TOPIC

If nothing else we are creatures of habit. The schedules and routines that we've developed over the years help us to be effective, efficient and comfortable. Sometimes however, in order to see the improvements we need we have to make that awkward step outside our comfort zone. As fragile as our bodies can be they are equally resilient and adapt to the stresses we place upon it. By failing to regularly add new stimuli, we often find ourself making little to no progress. If you find yourself at a bit of a plateau it may the perfect time to try a new or more challenging exercise. Remember exercise should never be painful, rather taxing enough to test your ability so you can make the small incremental steps to a stronger healthier version of you.

Adventure Waltonwood

At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. Adventure by Waltonwood is a company sponsored program encouraging Waltonwood residents to pursue their life's desire. Whether meeting their great grandchild for the first time, riding in a hot air balloon, hiking a national park, riding in a Beemer or reuniting with their best friend from college, Adventure by Waltonwood is available to support resident ambitions. If you are interested in setting up an adventure, please contact Donna Donakowski in Life Enrichment.

September Events

7

Lions Football
Tailgate

10-16

Assisted Living Week

19

Detroit Institute of
Arts Outing

26

Cider Mill Outing



EXECUTIVE DIRECTOR CORNER

As Labor Day weekend comes to an end and we see summer in the rearview mirror, we look forward to see what fun events we have planned in September. There is one week each year in September called "Assisted Living week" where we take time to celebrate our residents in the community, along with our staff who provide the services they need day in and day out. This is a great opportunity for us as leaders of the community to show appreciation of all of the hard-working staff we have here at Waltonwood. It takes an army of dedicated individuals to ensure this community operates at the high-quality service we expect to provide! Assisted Living week starts on September 10th and runs through September 16th. We have many fun events planned that entire week for the whole community to join in on the fun! We hope that all of our residents, families, and associates are able to join in on our celebration!