



Celebrating Birthdays in September!

Residents:
September 4th
Phyllis Morrison
September 7th
Rosemary Ryan
September 11th
Garry Schroeder
September 29th
Susan Murray

Staff:
September 3rd
Brennen Bollinger
September 9th
James McClain
September 16th
Jon Beckett
September 20th
Chris Polasky
September 25th
Chris Robertson

EXECUTIVE DIRECTOR CORNER

As Labor Day weekend comes to an end and we see summer in the rear view 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!

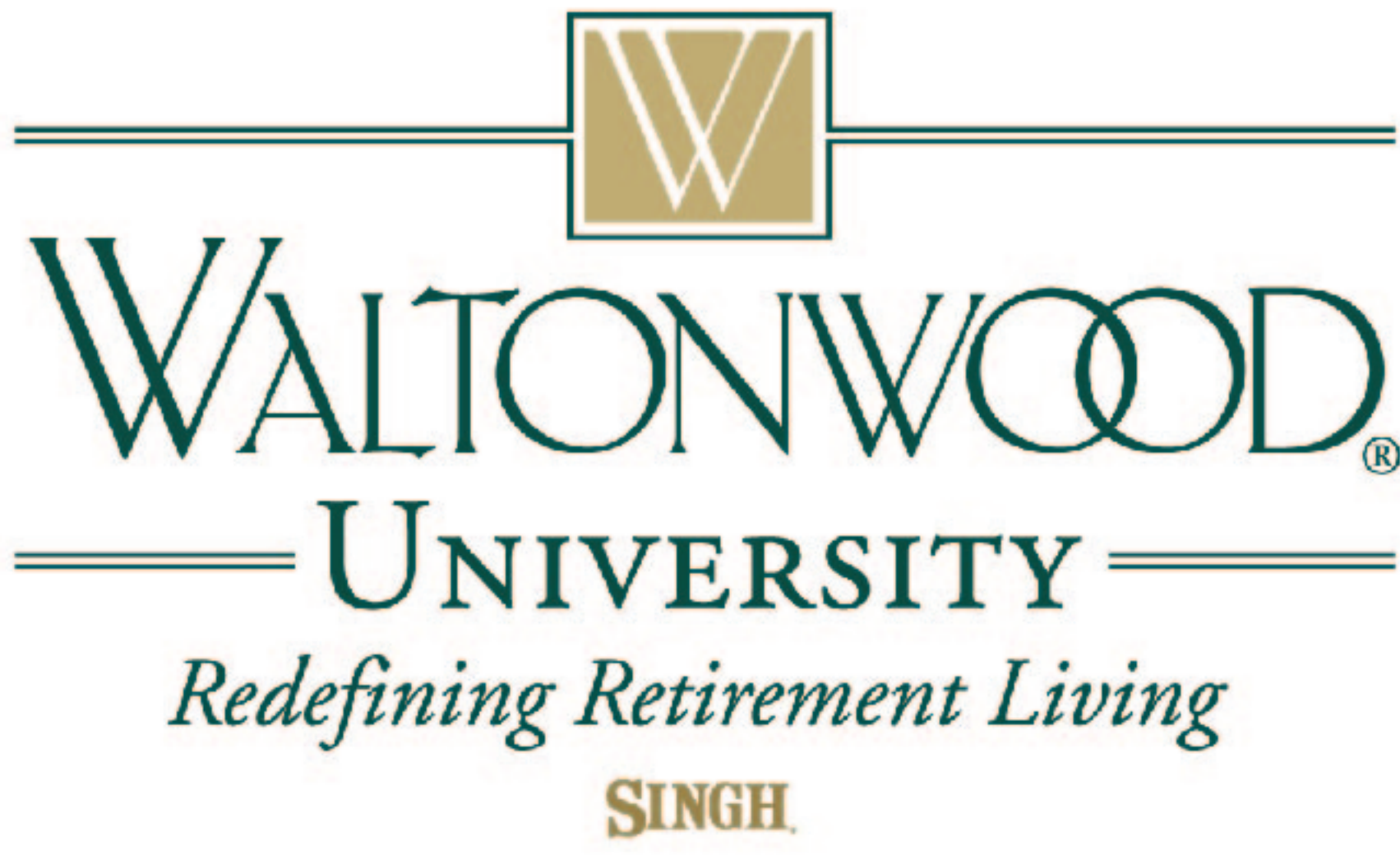
Jonathan Hills | *Executive Director*

**UNIVERSITY
CONNECT
SEPTEMBER 2023**



Nothing Gold Can Stay

*Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.
-Robert Frost*



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**COMMUNITY
MANAGEMENT**

Jonathan Hills
Executive Director

Tammy Collins
Business Office Manager

Celeste Roth
Marketing Manager

Brennen Bollinger
IL Manager

Dan Bannigan
Culinary Service Manager

Katelyn Pesola
Life Enrichment Manager IL

Donna Donakowski
Life Enrichment Manager AL

Taylor Crowe
Maintenance Manager

Derricka Mason
Resident Care Manager

Henry Peoples
Wellness Coordinator

Terri Brown
Move-In Coordinator

Angie Sorgi
Dining Room Supervisor

Sarah McCabe
Dining Room Supervisor



FRIENDS & FAMILY REFERRAL PROGRAM!

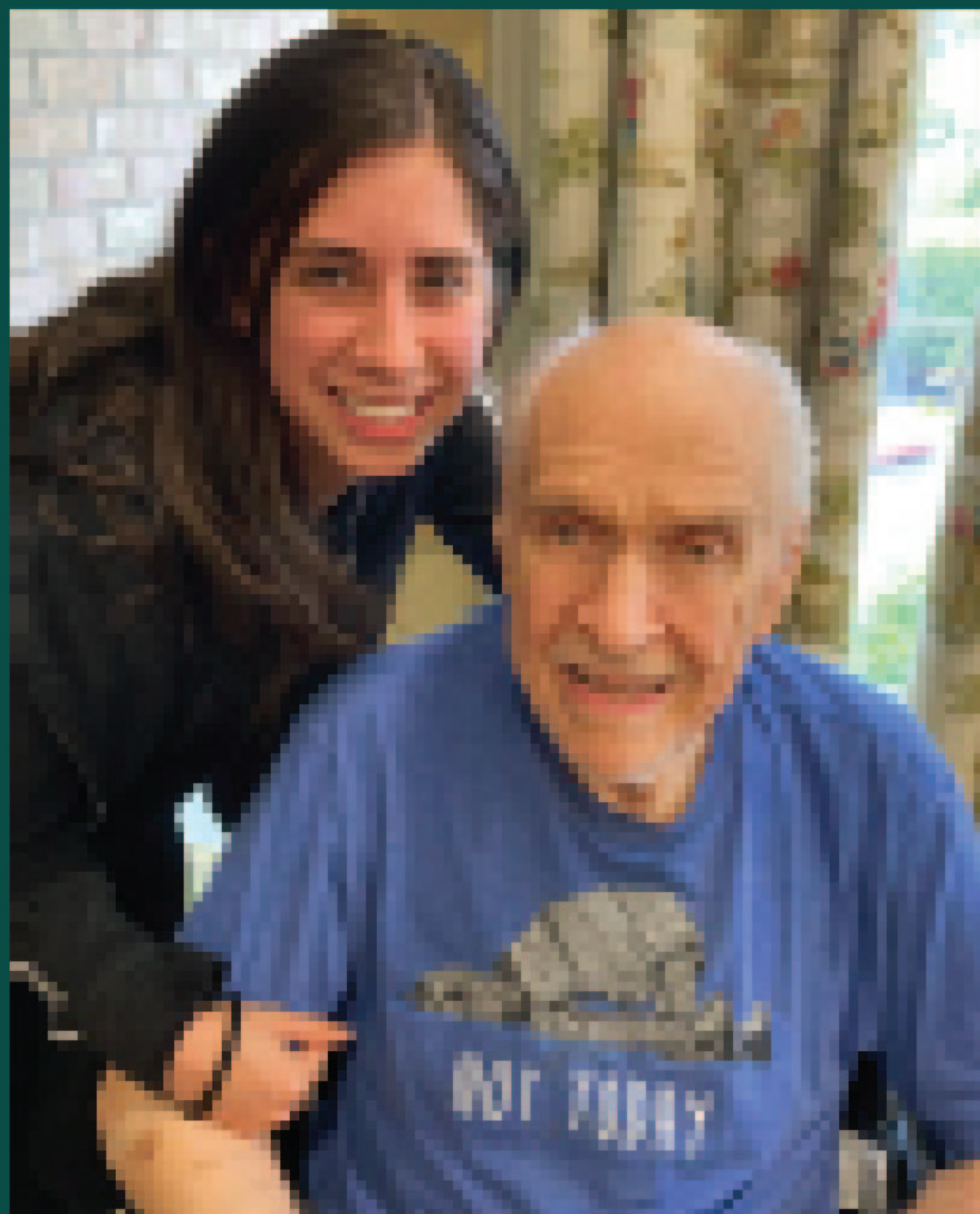
\$3,500 RESIDENT REFERRAL BONUS

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!
Talk to marketing for details!

ASSOCIATE SPOTLIGHT

Our associate spotlight this month is Giselle Martinez, one of our resident care staff!

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.



OUTING SCHEDULE UPDATE

As a reminder, we share our bus with assisted living residents. This is going to change our outings that happen each week. In the coming months you will start to see changes to our Tuesday outings. Please make sure that you are checking your Week at a Glance each week to see what outings we are going on.

As always, if you have a suggestion of a place that you would like to see as an upcoming outing please let Katelyn in Life Enrichment know!



**Interfaith Community
Church Service**

**First Sunday of
Every Month
Starting October 1st
12:30 p.m.
Campus Room**

AUGUST HIGHLIGHTS

01



We had a great turn out for our music in the courtyard!

03



Our crafty ladies made pressed flower coasters.

09



Residents were creative with their crayon art.

SEPTEMBER SPECIAL EVENTS

07

It's the Lion's first game of the season! Come down to the bistro for a pre-game tailgate!

12

It's AL Week and we are bringing back the Coney Dog cart for both staff & residents.

19

We will be taking a trip to the DIA. Join fellow residents for an educational afternoon!

20

It's our resident council! Come down to the campus room to voice your concerns and learn what is going on in the community!

22

Billy McAllister will be back in community with his Frank Sinatra tunes!

25

Music & Happy Hour! Come down to the campus room to enjoy some tunes & a drink.



FOREVER FIT: FOCUS ON FITNESS

Outside of the Box

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 be 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.

Chris Grabowski | Forever Fit Manager

WALTONWOOD GIVES BACK



We raised \$225 for the Paint Creek Center of the Arts from Dottie's Art Show!



We raised \$250 for the Alzheimer's Association from our pie throwing at Camp Waltonwood!