

The Waltonwood Experience



ROYAL OAK CONNECT

SEPTEMBER 2023



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Sentence Inhibition Exercise Dr. Winningham

Try this fun activity with a friend! Read a common nursery rhyme, a memorable slogan, or saying. Then they try to stop (inhibit) yourselves from giving the typical ending and state, instead, something different and possibly nonsensical. It's much harder than you might think. For example, if you stated, "The captain wanted to stay with the sinking _____," most people would say ship. However, the task for respondents in a Sentence Inhibition Exercise is to stop themselves from saying ship and say something else, like stocks or rock.

This activity exercises prefrontal cortical regions involved in inhibiting thoughts and behaviors. If we can improve our ability to inhibit, we might also improve attention and memory. In addition, inhibiting certain verbal responses and behaviors might help an older adult with cognitive impairment behave in a more socially appropriate manner. Have fun with this brain teaser.

COMMUNITY MANAGEMENT

Taylor Obomsawin
Executive Director

Emily Long
Business Office Manager

Donyel Snead
Life Enrichment Manager

Tonicka Benefield
Resident Care Manager

Charlie Harris
Wellness Coordinator

Christine Chalmers
Marketing Manager

Barry Donakowski
Culinary Supervisor

Tashila Green
Dining Room Supervisor

Larry Johnson
Environmental Service Manager

Nicholle Williams
Housekeeping and Laundry

September Birthdays

Residents

- Ray C. 9/11
- Joan R. 9/15
- Elena F. 9/28

Associates

- Jackie P. 9/3
- Diandre H. 9/12
- Kathy C. 9/16
- Deyzah R. 9/20
- Nathan H. 9/28
- Tonika B. 9/29

New Residents

- Moreen C.
- Nels L.
- Clarence G.

\$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

The employee of the month is Jalen Miller, a caregiver here at WRO. As a new associate Jalen’s friendly and helpful disposition has made him a fast favorite among residents and staff members. Jalen loves interacting with the residents and their families. He had a great time at this year’s Camp Waltonwood making it one of his best memories here at Waltonwood. He is currently in training to be a Med Tech here at WRO. Jalen is a huge Michigan Wolverines and Detroit Lions fan. However, his favorite things are spending time with his family, drinking Mountain Dew, and getting pumped up by listening to Equal Dirt by Rylo Rodriguez. Shout out to Jalen!



AUGUST HIGHLIGHTS

05

Camp Waltonwood

17

Dream Cruise Sock Hop Dinner Party



22

Ice Cream Outing

29

Family Fun Night at WRO



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 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**

National Assisted Living Week

National Assisted Living Week provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role assisted living facilities play in caring for America’s seniors. This year it will be celebrated September 11th - 17th. “Season of Reflection” is this year’s theme. It is a time for us to pause and contemplate the invaluable contributions made by all of the workers at Waltonwood Royal Oak. As we enter the “Season of Reflection”, let us express our gratitude. Let us honor the workers, who help WRO thrive. Their tireless efforts and unwavering dedication deserve our recognition and appreciation.



SEPTEMBER SPECIAL EVENTS

08

Outing to Blake’s Cider Mill

10

Grandparents Day

19

Family Fun Night with Interactive Drumming Music

22

Oktoberfest Celebration 3:30pm



Yom Kippur The Day of Atonement

For Jewish people all over the world, Yom Kippur is a day of fasting and prayer concluding the Days of Awe that began with Rosh Hashanah. It occurs 10 days after Rosh Hashanah, on the 10th day of the month of Tishrei (tish-ray) on the Jewish calendar. Because it is the last chance to atone for wrongs committed throughout the year before God’s judgment is sealed, Yom Kippur is considered by many to be the holiest day of the year. It is a solemn, intense, and physically exhausting holiday, but not a sad or horrific one. With its overarching theme of repentance through prayer, fasting, and acts of charity, Yom Kippur becomes a spiritually uplifting experience for those who observe the holiday by making peace with those they have wronged and with God.