

Welcome to November

The Thanksgiving dinner at WCH community is a special time when our wonderful residents and their families gather to share a big, delicious meal. It’s like a big family get - together. It’s another wonderful event that welcomes residents and their families to chat, laugh and enjoy the food together. It’s a time for everyone to show appreciation and give thanks for the good things in their lives.



Veterans Day is an honoring event when we say: thank you” to the residents who put their lives at risk to serve our country. During the ceremony, the veterans wear their special pins to show they were in the service. Ther will be flags, patriotic music, a special desert. There will be reminiscing stories and appreciative words for their bravery. It’s a way to show respect and gratitude to the veterans for their service to our country.

November Birthdays

Birthdays are revered, and the community becomes a tapestry of celebration. Residents gather to honor one another; their spirits get lifted by the candle-lit cakes and the echoes of heartfelt wishes. Memory Care of WCH invites family to join us in the birthday celebration of their loved one, please refer to the life enrichment calendar of July for dates and time.

Birthdays celebrated, candles flicker, wishes fly,

A year older, but the heart forever young and spry.

\$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

NOVEMBER 2023



HELLO NOVEMBER

November is a month in the late autumn season. In many places, it’s characterized by cooler weather, falling leaves and shorter days. Also, this month is associated with Thanksgiving, a time for family gatherings and gratitude.

In WCH senior living community, November is a lively and engaging month filled with various activities and celebrations that bring joy to the residents. Such activities would be:

November Joy Rides: To take advantage of the crisp autumn weather, residents will be enjoying “November Joy Rides”. These are relaxing trips around the local area, where they can enjoy the beautiful fall foliage and reminisce about their favorite autumn memories.

Veterans Day: The community pays tribute to its veterans with a special Veterans Day ceremony. Residents who served in the military are honored and there will be patriotic sing along and storytelling sessions.

Other meaningful activities will be: thanksgiving crafts, thanksgiving dinner, thanksgiving bingo, happy hours with fall mocktails, outing to an art museum, birthday celebrations, kindness acts on National Kindness Day, themed meals such as nachos bar with reading and so much more to come.

Happy November!



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OCTOBER SPOTLIGHT

ASSOCIATE SPOTLIGHT

The “Associate of the Month” is like a special award at WWCH community. It’s given to someone who does a really great job at work. In this case, the person who received the award is Angelique, our Med Tech associate and the supervisor of our res-care team. Angelique makes sure our residents get their prescribed medications and stay healthy, as well everything runs smoothly. Thank you, Angelique!



1

The five-food group game, a great way for residents to learn about and celebrate healthy eating. Each food group was represented by colorful pictures. This enjoyable game came with a healthy snack prize.

5

The outing to Plymouth Cider Mills for the residents of WCH was like a little adventure, where everyone enjoyed the yummy apple cider and doughnuts. What wonderful time to spend and memories to create!



10

Creating Halloween – themed Mason jars at WCH, Memory Care is a fun and creative way to celebrate the holiday. It was a wonderful activity that promoted social engagement and allowed seniors to express their creativity.

12

Celebrating Dia De La Razza in our senior living community is a fantastic way to embrace Spanish culture and enjoy a lively event. Apple cider sangria mocktails were served and salsa and mariachi tunes were accompanied with joyful dancing of our residents and staff.



Forever Fit Topic

How do you feel today? Seems like a simple enough question but if we're not honest with ourselves sometimes our answers can lead us a stray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptions for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

NOVEMBER SPECIAL EVENTS

2

Creating a Thankful Tree with the residents of Memory Care of WCH family is a heartwarming and enjoyable activity. This meaningful activity can bring a lot of smiles while the shared stories are told in a very heartwarming and grateful way.

9

Taking residents to an art museum provides them with a cultural experience, stimulates their minds and fosters a sense of community through shared appreciation of art. It’s an outing that can leave lasting, positive memories for our senior living community.



10

Honoring the veteran residents in our senior living community is a meaningful and respectful activity. Our veteran residents will be again recognized and their service will be celebrated in a very special way.

18

A Thanksgiving dinner in our senior living community that brings together residents and their family members is a heartwarming and cherished tradition. This special dinner not only allows residents to enjoy a traditional feast but also offers them the joy of spending quality time with their families in a warm and welcoming environment.



EXECUTIVE DIRECTOR CORNER

Dear residents, families and friends,

Happy November!

November has arrived! Hope you truly enjoyed our October festivities. We are looking forward to more fun this month. This is exciting and we are so happy to share that we continue to have wonderful participation with all activities and events. Thanks to many for your kind words and testimonials. This always wonderful to hear while celebrating our success.

We truly value everyone's participation with the flu clinic, donations with Alzheimer's and all future donations for the holidays. As a reminder, we encourage you wearing your mask and remaining socially distanced. We look forward to our Thanksgiving meal with all of you this month. It's going to be delicious!

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