

In Loving Memory: Reflecting a Life Well- Lived Sharon Louise (Seymour) Sevara

September 3, 1942 ~ January 22, 2024 (age 81)



Twelve Oaks Connect

FEBRUARY 2024

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February is Black History Month. During this month, we celebrate and recognize the contributions of African Americans throughout history. It serves as an opportunity to delve into the stories of resilience, thoughts, triumphs and cultural milestones that have shaped our society.



Family Comedy Night: A night of laughter and quality time

Join us for a fun comedy night packed with laughter & moments to cherish!!

Thursday | February 15th, 2024 | 6:00-7:00pm

**Dining Room
Please RSVP with the Concierge**



COMMUNITY MANAGEMENT

Joe Whitney
Executive Director

Deanna Hite
Business Office Manager

Jacob Chamberlain
Culinary Services Manager

Alyssa Tobias
Independent Living Manager

Montell Ross
Environmental Services Manager

Heather Laskos
Marketing Manager

Casey Hess
Marketing Manager

LaTonya Warlix
Resident Care Manager

Priyanka Ghelani
Wellness Coordinator

Tynasha Cobb
Wellness Coordinator

Basma Jirjis
Life Enrichment Manager (IL)

Alecia Greenberg
Life Enrichment Manager (MC)

Stefanie Jones
Life Enrichment Manager (AL)

Celebrating

2/3 Burt R.
2/5 Pat B.
2/24 Catherine S.
2/27 Doris B.

Wishing you a very
Happy Birthday!

\$3,500 RESIDENT REFERRAL BONUS
Limited Time Only!

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!

Congratulations to **Alecia** on her 5th year as Life Enrichment Manager of Memory Care. She grew up in Lathrup Village and graduated from Southfield-Lathrup High School. She went on to study Medical Technology and earn her Bachelor of Science Degree at Michigan State University. She worked as a Medical Technologist in several different laboratories, but realized that it wasn't her passion. Then her good friend's mom was diagnosed with a very aggressive form of dementia and went to live in a Memory Care Community called Westlake. Her friend suggested that she come volunteer in the community, because she knew how Alecia always loved and talked about her grandparents. She quickly realized how much she loved helping those with memory impairment and soon got a Life Enrichment Assistant position at West Lake. From there she worked at Addington Place of Northville, where she was a Life Enrichment Director, and the rest is history.

Alecia has two daughters. Ashley is 31 and lives in Portage, MI and Morgan is 28 and lives in Austin, TX. She also has her dog, Joey who will be 15 in May. When she has free time she practices yoga, takes Joey for walks, enjoys travelling and trying new things. During the spring and summer Alecia loves to be outside gardening, practicing yoga on Walled Lake and kayaking. Alecia is so grateful for her wonderful LE Team, as they keep her going every day. She looks forward to continuing to spark her passion for those with memory impairment.



JANUARY HIGHLIGHTS

23 In the Kitchen:
making Strawberry Rhubarb Pie

Lets make mini strawberry rhubarb pies for national

30 Stahls Automotive Museum

A tour of vintage vehiecles



26 Camp Ticonderoga

Join us for an igloo dining experience at camp Ticonderoga

31 National Hot Cocoa Day

Get to know your neighbor with a hot cup of cocoa!



FOREVER FIT/WELLNESS

Know Your Numbers

Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure the healthy you have in the healthy you keep. There are however some other factors to consider, numbers than when elevated can greatly impact how you feel. High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body making your heart work harder and more susceptible to heart disease and stroke. So, this February join with the American Heart Association and help celebrate American Heart Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a heathy, happy lifestyle for years to come.

Please keep in mind that all scheduled activities are subject to change depending on the current situation. Things may be added or removed. Please look for updates on the screen and on your ledges for any changes.



Check your calendar/ weekly....

We have a variety of new activities put on.

We will teach you how to play each game!

FEBRUARY SPECIAL EVENTS

07 Galentine's Day Extravaganza

Bring your gals and join us for a day of laughter, joy & love!

13 Mardi Gras Madness
Let the good times roll.

16 Empowerment Expedition
Celebrating black history month at our local black owned gems

27 In the Kitchen: Sushi Sensation
Sushi demonstration by chef Ian



Transportation is now available!

Requests are required at least 2 weeks in advance and are scheduled based on availability. Please schedule your appointment with some flexibility as we **may be up to 15 minutes early or late** depending on traffic and other passengers.



EXECUTIVE DIRECTOR CORNER

Resident Engagement Surveys – We should be getting the results from our Resident Engagement Surveys sometime in February. I appreciate everyone who took the time to complete the surveys as it will provide valuable information for the community so that we can focus out efforts in the new year to the areas that matter most to our residents. I will share what I can of the results when we receive them and let everyone know what we are planning on doing to make the improvements our residents want to see.

- Joe Whitney