



COOKING DEMONSTRATIONS

11 Green Smoothies 2pm

14 Pi Day (Chocolate Pie)
2pm

18 Spring Birds Nests 2pm

25 Easter Bunny Cars 2pm

COMMUNITY COMMUNICATION



RESIDENT BIRTHDAYS

Happy Birthday
Tom 3/7

Happy Birthday
Beth 3/18

Happy Birthday
Eileen 3/22



FRIENDS & FAMILY REFERRAL PROGRAM!

\$3500 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!

TWELVE OAKS CONNECT

MARCH 2024



SINGH

27475 Huron Circle, Novi, MI 48377
www.waltonwood.com | 248-735-1030
Facebook: /Waltonwood Twelve Oaks



"We love March, because Spring is 'almost in the air!'" Shirley Greaves

March brings the hope of Spring, and the new beginning that it promises. We can't wait for the first warm days to see our tulips peak through the soil and to start preparing for our gardens once again.

March will be another busy month starting on **Tuesday 3/5 with Reading Across America**. Once again we'll be pairing with my daughter's best friend, Sarah McPherson's Pre-K class at Wilson Elementary in Milford. This year we'll be going there to read to the kids. Next since March is Women's History Month, we'll be kicking it off with **International Women's Day on 3/8**. Don't forget to "Spring forward" on Sunday 3/10. Next, we'll welcome Spring with art projects and food for **Taste of Waltonwood on 3/12**. After that we'll all become Irish as we celebrate **St. Patrick's Day a little early on 3/16**. We'll have our **Annual Senior Academy Awards on 3/21**. We'll learn about the holiday of **Purim on 3/22** and enjoy hamantaschen, which are triangular - shaped cookies that symbolize the holiday. We will round out the month with **Easter** food and projects.

Cheers to March coming in like a lion and going out like a lamb!!

COMMUNITY MANAGEMENT

Joe Whitney
Executive Director

Deanna Hite
Business Office Manager

Montel Ross
Environmental Services
Manager

Alyssa "Lee" Tobias
Independent Living
Manager

Alecia Greenberg
Life Enrichment Manager

Heather Laskos
Marketing Manager

Marketing Manager
Casey Hess

Resident Services Manager
Latonya Warlix

Wellness Coordinator
Tynesha Cobb

Wellness Coordinator

ASSOCIATE SPOTLIGHT-SARAH WONSOWSKI

Sarah Wonsowski is the newest addition to the Life Enrichment Team. She is Basma's new Independent Living Life Enrichment Assistant. Sarah grew up in Canton and graduated from Canton High School. She is currently studying Recreational Therapy at Eastern Michigan University. She wanted to have real-life experience for what she is learning in her classes, so working for Waltonwood was a natural choice for her. Sarah loves interacting with the residents and doing things to make them happy.

When she has free-time, Sarah enjoys hanging out with her boyfriend. In the summer they love to go camping and being outdoors. She also loves to hang out with family and friends and play with her family dog, Lucky.

A fun fact about Sarah is that she has an earring collection, and she loves to coordinate her earrings with the holidays or seasons of the year. Her mom says that she gets that from her grandma.

We look forward to watching Sarah grow in her role as LEA and are excited to see all the fresh new ideas she can bring to the LE Team.



TRANSPORTATION INFORMATION

Come join us for our enriching outings. We are so excited for you to meet our new bus driver Andrea.

- Tuesday, March 5 at 1:15 pm-Wilson Elementary School for Reading Across America.
- Tuesday, March 19 at noon-The Grand Diner.
- Tuesday, March 26 at 1pm-Searching for Spring and DQ for ice cream.



FEBRUARY HIGHLIGHTS

02 **Go Red for Women's Heart Health.** This was a great day when everyone wore red and we discussed the importance of heart-health, and enjoyed heart-healthy smoothies.

13 **Fat Tuesday/Mardi Gras.** Let the Good Times Roll was our theme, and we accomplished it. The residents wore the mask that they made while we listened to jazz, and ate pasckis.



14 **Valentine's Day.** The residents enjoyed reading their cards that were sent from our sister property, Lakeside. We also had a visit from the WW Bible study and they brought gifts and cards for the residents. They enjoyed their cupid's floats.

16 **The year of the Dragon-Chinese New Year Celebration.** Marjorie was in her glory teaching us how to say Happy New Year and other words in Chinese. They enjoyed fortune cookies, scratch off cards, and clementines for luck.



MARCH SPECIAL EVENTS

05 **Reading Across America Event.** This year we will be going to Wilson Elementary to read a book to a Pre-K class. The residents are so excited.

07 **March Birthday Celebration.** Let's celebrate Tom 3/7, Beth 3/18 and Eileen's 3/22 Birthdays'.

15 **St. Patrick's Day Celebration.** We're all Irish on St. Patrick's Day!! We'll enjoy lucky rice krispy treats, and leprechaun punch, and find out what our Leprechaun names are.

21 **Senior Academy Awards.** This is always a fan favorite! We will hand out certificates saying what makes each resident special. We'll also enjoy a champagne toast.



FOREVER FIT

Rest and Recharge

We know how important diet and exercise can be on our overall health, but did you know there's a third factor just as crucial. The rest we get, in particular the sleep we get lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing.

EXECUTIVE DIRECTOR CORNER-Joe Whitney

I wanted to thank everyone who completed the Resident Engagement Surveys in February. We do not have the results as of yet, but once we do the community will be reviewing to see what areas we can make some improvements. These surveys were really important to the community as we continue to work toward providing the best service and environment we can for our residents and families.