

SAVE THE DATE



April Birthdays

Residents

- Natalie K. 4/13
- Mavis B. 4/24

Associates

- Nicholle W. 4/2
- Marcella K. 4/5
- Dana M. 4/9
- Lorrie E. 4/19
- Freda M. 4/21
- Clarice D. 4/27

New Residents

- Sharon S.
- Mike V.
- Patricia O.

Our Annual Intergenerational Event

SAVE THE DATE!

Hosted by the Residents of Waltonwood Royal Oak
for Children Ages 4-11

Saturday, August 10th at 1:00 p.m.

3450 West 13 Mile Road, Royal Oak MI 48073

For more information follow us on Facebook:
www.Facebook.com/WaltonwoodRoyalOak
or contact Donyel Snead, Life Enrichment Manager, 248-549-6400

ROYAL OAK CONNECT

APRIL 2024



3450 West 13 Mile Road, Royal Oak, MI 48073
www.waltonwood.com | 248-549-6400
 Facebook: /WaltonwoodRoyalOak



April Fools

April Fools' Day—occurring on April 1 each year has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling "April Fools!" at the end to clue the subject of the April Fools' Day prank. Its exact beginnings are a mystery, but some historians link April Fools' Day to the 16th century, when New Year's Day moved from April 1 to January 1. Those who continued to celebrate the new year on April 1 were called fools.

Other historians have linked April Fools' Day to festivals such as Hilaria (Latin for *joyful*), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens. There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

Nevertheless, April Fool's Day spread throughout Europe and the world with the pranks becoming more and more elaborate. In modern times, people have gone to great lengths to create intricate April Fools' Day hoaxes. Newspapers, radio and TV stations and websites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences all in the name of fun. Watch out! The joke could be on you.

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

Keywana Jones
Move-In Coordinator

Barry Donakowski
Culinary Supervisor

Tashila Green
Dining Room Supervisor

Larry Johnson
Environmental Service

Nicholle Williams
Housekeeping and Laundry
Supervisor

\$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

Keywanna, known to her friends as Keywi is in the spotlight for April. With the company for about a year, her role as move-in coordinator includes assisting the marketing manager. As we try to fill the marketing manager position Keywi has stepped up. Coming in early, on weekends, and staying late to give tours and process paperwork, Keywi has filled the gap. Keywi's best memory at WRO is of Camp Waltonwood 2023. She enjoyed seeing the residents and employees having fun, and the adult sack race "topped it off". Keywi loves the Smoky Mountains, ice cream cake, and Turtles candy. She loves to sing, braiding hair and DIY projects. Her at bat song is This Girl is on Fire by Alicia Keys. 3 Cheers for Keywi!



Dolly Parton Imagination Library Event



Root Beer Float Social with Shrine HS



MARCH HIGHLIGHTS

05

Read Across American Day

15

Outing to the Shrine of the Little Flower Basilica



15

Lunch Outing to Gus' Snug Irish Pub

23

Myra and family at the WRO Easter Branch



APRIL SPECIAL EVENTS

12

Shopping Trip to Target 10AM

15

Pet Therapy Dog 3:30pm

23

Outing- Lunch and a Show, Senior Center 10:45pm

19

Live Music with Prism 3:30pm



FOCUS ON FITNESS: FIX & FLEXIBLE

As we age, muscles lose their elasticity, becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease range of motion in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Here are just a few tips and exercises that can help keep you loose, limber and feeling your best. **1.** Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point. **2.** Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training. **3.** Move slowly to the point of mild tension, not to the point of pain. **4.** Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury. **5.** Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement. **Chris Grabowski**

National Submarine Day

National Submarine Day is on April 11 and it celebrates the purchase of the USS Holland, the first modern commissioned submarine. This day is important to the submarine community as it honors the US Navy's purchase of their first modern submarine. It also brings attention to the brave men and women who man the vessels. Life underwater isn't all that glamorous. Often, crews are out at sea for months at a time and return when food supplies run low. Subs can be cramped with tedious tasks to complete daily. The submarine community is a small force which delivers a major impact. Today's submarine force is the most capable force in the world. The U.S. Navy Comprised of 53 fast attack submarines, 14 ballistic-missile submarines and four guided-missile submarines. Our existing fleet of ballistic submarines currently carries 54 percent of our nation's nuclear deterrent arsenal. In its current modernization drive, the U.S. Navy hopes to add two to three Virginia-class attack submarines annually to its fleet until the year 2043. These submarines boast improved firepower, maneuverability, and stealth, elevating their warfighting capabilities and packed with cutting-edge technologies and innovations. Constructing a Virginia-class sub is no small feat, with a price tag of around \$3.4 billion and a construction period of approximately seven years.