

Celebrating Birthdays in April!

Residents: April 2nd David Curd April 12th Aly Gilroy April 15th **Brooke Lixey** April 15th Fred Mester April 16th Diana Essenmacher April 17th Mary Sobiechowski April 18th JoAnn Morris April 24th Mary Hackett April 30th Jean Brown

Staff:
April 6th
Katelyn Pesola
April 13th
Giselle Martinez
April 16th
Paige Culver
April 16th
Myron Quinn
April 19th
Niyea Jones
April 25th
Sandra StClair





\$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!

Talk to marketing for details!

UNIVERSITY CONNECT

APRIL 2024



All The World's Alive Again

The rabbit hops its gentle step
The lark sings lyric songs
All the world's alive again
Spring rights the winter wrongs.

Mother hen protects her chicks
White blossoms are in bloom
All the world's alive again
No snowy clouds to loom.

A kitten chirps her tiny meow
The child blinks his eyes
All the world's alive again
A new world crystallized.

-Jennifer Gunner



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COMMUNITY MANAGEMENT

Jonathan Hills
Executive Director

Tammy Collins
Business Office Manager

Celeste Roth
Marketing Manager

Brennen Bollinger IL Manager

Aaron Nash Culinary Service Manager

Katelyn Pesola Life Enrichment Manager IL

Donna Donakowski
Life Enrichment Manager AL

Taylor Crowe

Maintenance Manager

Derricka Mason Resident Care Manager

Angie Sorgi Dining Room Supervisor

Sarah McCabe

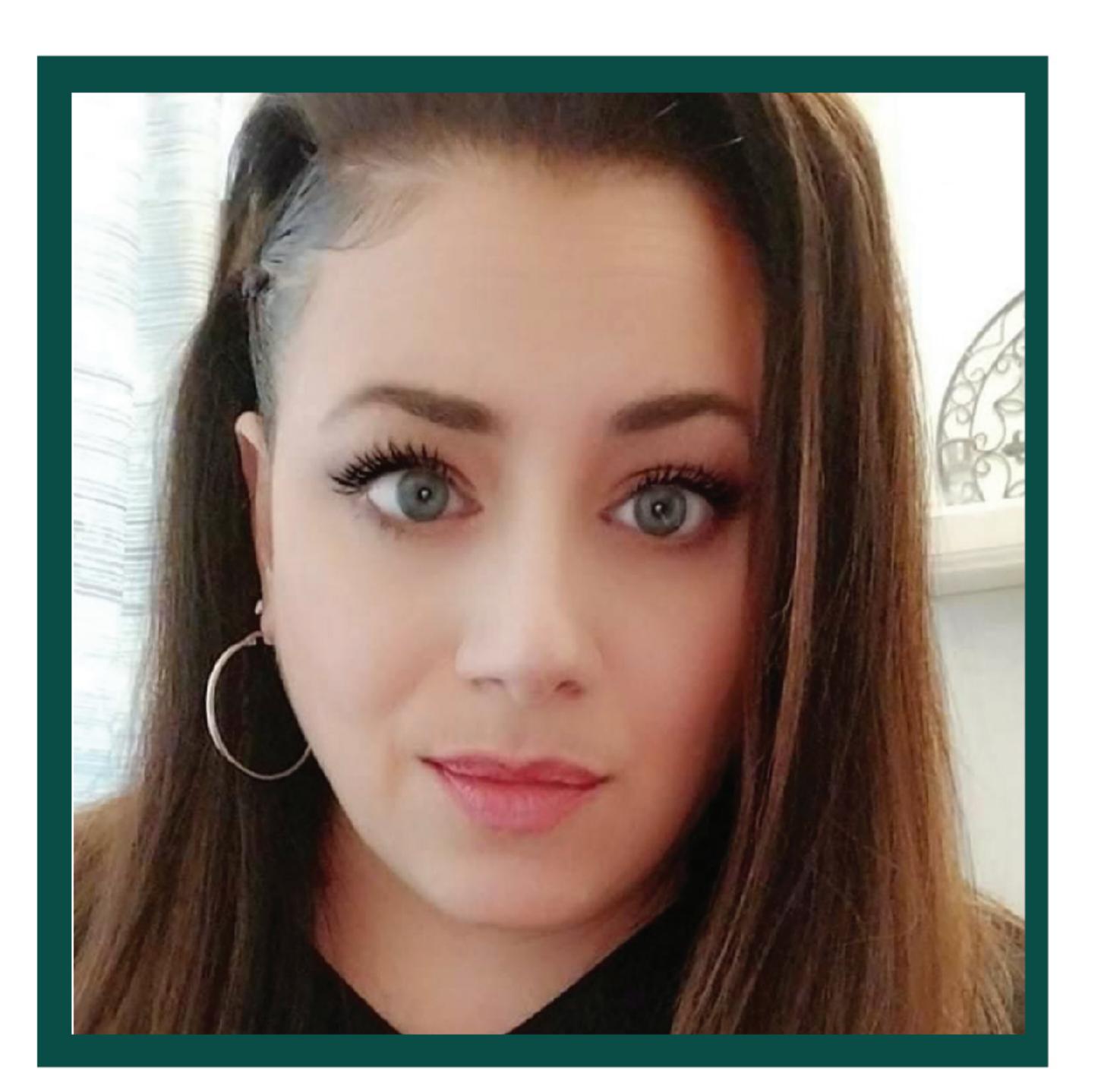
Dining Room Supervisor

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Our associate spotlight this month is Angie Sorgi one of our dining room supervisors!

Angie has worked at Waltonwood for the past 4 and a half years. She has lived in Michigan her entire life and has traveled throughout the entire state. She has three children and four grandchildren. She loves any kind of outdoor activities and traveling. She tries to take at least two trips every year, one almost always being Las Vegas, her favorite place. Angie loves all of the friends that she has met during her time at Waltonwood. Even though some have moved on from Waltonwood many of them still stay in touch. Her favorite part of working at Waltonwood is all the residents that she has gotten to meet. "Many residents feel like extended family to me. I love them all and they put a smile on my face every day."



MARCH HIGHLIGHTS

06 13



A couple residents had the opportunity to read to a local school for Read Across America!



Our culinary team showcased their talents during our Taste of Waltonwood

15



Residents enjoyed a fun time during our St. Patty's Day Pub Crawl.

OUTING SCHEDULE UPDATE

As a reminder, we share our bus with assisted living residents. This is going to change our outings that happen each week. In the coming months you will start to see changes to our Tuesday outings. Please make sure that you are checking your Week at a Glance each week to see what outings we are going on.

As always, if you have a suggestion of a place that you would like to see as an upcoming outing please let Katelyn in Life Enrichment know!



APRIL SPECIAL EVENTS

03

We will be having an activity planning meeting.
Come down to discuss what will be happening with the spring schedule!

05

It's the Tiger's Home Opener. Wear your Tiger's gear and watch the game!

11

Join us for a special Show & Tell featuring Baby Baylen Bollinger!

17

It's our resident council!
Come down to the
campus room to voice
your concerns and learn
what is going on in the
community!

19

The Rochester Public library is hosting their used book sale! Join us on a trip to the library!

28

It's National Pretzel Day! Come down to the bistro to enjoy a soft pretzel!



FOREVER FIT: FOCUS ON FITNESS

Fit & Flexible

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM 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. Below are just a few tips and exercises that can help keep you lose, limber and feeling your best.

- -Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point.
- -Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- -Move slowly to the point of mild tension not to the point of pain
- -Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- -Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

EXECUTIVE DIRECTOR CORNER

Happy April to all as we welcome our rain showers to bring us our beautiful May flowers! As we experienced a chilly end of March, we look for the sun to shine and bring some warmth to our spring season. As we look ahead into this month, our plan is to start our outdoor grooming of the campus grounds so the community will show better than ever! Over the next few weeks, our seasonal flowers and plants will be planted throughout the entrances and around the courtyards. We will also look to open our courtyard seating! These projects are what make the community really stand out and show its amazing features. The community also looks to utilize our raised flower beds. We had such a great turnout from our gardening groups last year, we can't wait to see what's in store this year!

Jonathan Hills | Executive Director