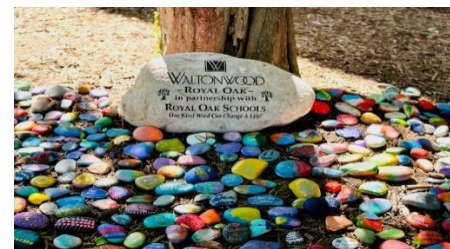


# The Waltonwood Experience



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

# ROYAL OAK CONNECT

JULY 2024



## Celebrate with a Bang

Every country in the world has July 4 on its calendar—but only the United States of America has the Fourth of July! It's the most popular and most widely celebrated of all the secular holidays. It's the date written on the Declaration of Independence, when Americans proclaimed their freedom from Great Britain. It's a patriotic, flag-flying, parade-watching, hotdog-eating, firecracker exploding holiday that brings families, neighborhoods, cities—the whole country—together to celebrate freedom and summertime. Detroit celebrates with its Canadian sister-city Windsor, Ontario, commemorating the Fourth of July and Canada Day (July 1) in a blowout called the International Freedom Festival. Fireworks ignited on barges floating on the Detroit River between the two cities create a fitting and spectacular end to the celebration.

From the celebrated Boston Pops concert to the marches played by your hometown high school band in the local parade, Independence Day means music. Patriotic songs lead the playlist, with classics like "The Star-Spangled Banner," "You're a Grand Old Flag," "America the Beautiful," "God Bless America," "America (My Country 'Tis of Thee)," and "Stars and Stripes Forever." But don't forget about some more current tunes that speak to the American heart, like "This Land Is Your Land," "Blowin' in the Wind," "Song of the Patriot," and "On the 4th of July." Join us on July 4<sup>th</sup> in the Bistro Area where Robin Beck will sing patriotic songs along with 4<sup>th</sup> of July trivia to tickle your mind.

## 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

Gabrielle Maciag  
Marketing Manager

Barry Donakowski  
Culinary Supervisor

Sharon Boucher  
Dining Room Supervisor

Tashila Green  
Dining Room Supervisor

Larry Johnson  
Environmental Service Manager

Nicholle Williams  
Housekeeping and Laundry

**REGISTER  
BY JULY 10**

# WALTONWOOD GOLF OUTING

## TUESDAY, JULY 16TH, 2024

*at The Links of Novi: 50395 W 10 Mile Rd, Novi, MI 48374*

**\$35 per person**  
*Includes cart, range balls and cookout lunch*

Waltonwood Resident Name \_\_\_\_\_

Community Name \_\_\_\_\_ Apartment Number \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Guest (if applicable) \_\_\_\_\_ Guest Phone \_\_\_\_\_

Guest (if applicable) \_\_\_\_\_ Guest Phone \_\_\_\_\_

Guest (if applicable) \_\_\_\_\_ Guest Phone \_\_\_\_\_

Requested Foursome (if applicable) \_\_\_\_\_

The Waltonwood Golf Outing is a non-competitive social event open to all Waltonwood residents, and **up to three guests** (if they choose). Residents residing within Assisted Living or Memory Care must be accompanied by a guest.

**PLEASE NOTE:** Registration fee of \$35 per person will be billed to the Waltonwood resident's account. Guest's fee will be billed to the sponsoring resident's account.

To register, please complete the Registration Form above and turn it in to the community Independent Living Life Enrichment Manager by July 10th

*Transportation from Waltonwood to The Links is available.  
Please sign up with the Life Enrichment Manager.*

## July Birthdays

### Residents

- Arlene S. 7/2
- Nathan C. 7/3
- Nancy C. 7/14
- Dee H. 7/18
- Jule J. 7/20
- Dotti L. 7/22
- Michele C. 7/23

### Associates

- Carol S. 7/1
- Charlie H. 7/4
- Thedasha E. 7/10
- Mary Ann S. 7/14
- Amber S. 7/16

### New Residents

- Elaine K.



## \$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

Congratulations to our July Employee of the Month, LaTasha F. LaTasha has only been with Waltonwood since April as a member of the housekeeping team. Latasha loves getting to know the residents and her co-workers. She is looking forward to moving up in the company and continuing to serve our residents. LaTasha loves watching the Lions and Tigers play ball. Her favorite candy is chocolate and her favorite pop is Pepsi. LaTasha loves to travel to Las Vegas. You might find her there sipping a glass of wine, because a nice glass of wine is her guilty pleasure. Congratulations Tasha, you rock!!



## TRANSPORTATION INFORMATION

The Waltonwood bus is available for reservations to go to medically necessary doctor's appointments & essential errands (grocery store, banks, salons)! Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm! Please make bus reservations at the front desk. You can also speak to Mary Ann personally to set up your reservations. If we are not able to accommodate your scheduled appointments you may wish to contact the Smart Bus Company at 866-962-5515

## JUNE HIGHLIGHTS

06

Kindness Rock Dedication

14

Tour of the Michigan Central Station



20

Father's Day Dinning

21

Ice Cream Parlor



## JULY SPECIAL EVENTS

01

Watercolor Painting  
1:30PM

08

Improvisation Show  
1:00PM

12

Lunch at Kensington Park  
10:45

23

Gorgeous Grandma Day Program  
2:00PM



## FOCUS ON FITNESS Health in the Heat

While healthy hydration habits are important year-round, they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age, the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects of certain medications can greatly increase the risk for serious dehydration in seniors. Making small, subtle changes can greatly improve our ability to adapt and help our bodies better tolerate the summer heat. Having fluids nearby to drink throughout the day, avoiding strenuous outdoor activities during the peak hours of the afternoon and wearing appropriate clothing that allows for good circulation can help cut down on dehydration and keep us feeling comfortable and safe on the hottest summer days.

By Chris Grabowski, Senior Forever Fitness Manager

## Four Years Went So Fast

July 26 marks the start of the XXXIII (33rd) Summer Olympics, which will be held in Paris. The City of Light has hosted the games two other times—in 1900 and 100 years ago in 1924. The only other city to host the Olympic Games three times is London. The festivities will last for over two weeks, ending on August 11. More than 10,000 athletes from around the world will compete in 329 different medal events in 32 sports. In addition to the many popular events like track and field, swimming, and gymnastics, there will be several new sports this year, including breakdancing (which is also known as “breaking”), skateboarding, surfing, and sport climbing. Surfing events will be held in Tahiti. Sports that have been dropped from the schedule include karate, baseball, and softball. Just a few of the many athletes to watch on Team USA include Griffin Colapinto in men’s surfing, Nic Fink in men’s swimming, Katie Grimes in women’s swimming, and Anna Hall in the heptathlon.