



## COOKING DEMONSTRATIONS

08 Caprese Salad 2pm

19 Watermelon Coolers  
2pm

26 Home Made Ice Cream 2pm

30 Flip Flop Cookies 2pm

## COMMUNITY COMMUNICATION



### RESIDENT BIRTHDAYS

Happy Birthday  
Sally 8/20

Our Support Group will be held this month on Thursday, 8/22 at 2pm in the AL Meditation Room. Please RSVP to Alecia.



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

AUGUST 2024



Redefining Retirement Living

SINGH

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## 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



*"Breathe the sweetness that hovers in August." Denise Leveretov*

Welcome August, I can't believe that you're already here! We will enjoy the "dog days of summer" on our patio and continue to enjoy our garden, Many of the wildflowers and sunflowers that we planted from seed are blooming or getting close. We'll use the herbs and tomatoes to make some fresh snacks. Sunflowers will be a focus as we decorate our Life Enrichment Room with sensory and canvas sunflower art that the residents will be making. We'll carry the theme throughout the community.

As always, we'll keep busy as we kick off the month with our MC Olympics. Please make sure you see all of our pictures on the TV monitor across from Priyanka's office. We'll continue our travel series this month and go on a tour of Hawaii. We'll also celebrate and discuss Woodstock. Emily and I love having in depth conversations with the residents and love all of the wisdom that they have to share, so we are starting a segment called "Life Lessons" please join us sometime. There are flyers at the front of MC and the concierge for our August Support Group. If you haven't heard, we got a new bus!!

Enjoy the rest of the summer!!



Chicquita Reed is our friendly, helpful Afternoon Concierge. Chicquita will be celebrating her 2 year work anniversary in September. She grew up in Detroit and is a newlywed of 2 years. She has a son, Aiden that just turned 3 years old. Waltonwood was the first job after she was a stay at home mom for Aiden's first year. Prior to working at Waltonwood Chicquita worked for 7 years as a caseworker for CMH Oakland County. She hired caregivers to do CLS hours and respite in group homes.

Chicquita loves food, and will try any food from different cultures. She also loves animals, specifically cats. She has 2 cats named Tigger and Nala. On her free-time she loves to plan vacations. 2 years ago she traveled to Hawaii. She has been to Jamaica, the Bahamas, Mexico, Disney World and the Wizarding World of Harry Potter at Universal Studios. She loves chick flicks.

We look forward to many more years of Chicquita's smiling face greeting us as the Concierge.



## TRANSPORTATION INFORMATION

We got our new bus!!!! Come ride on our new bus to these wonderful outings!!

- Tuesday, August 6, at 10:45 a.m. Kensington Island Queen & lunch
- Tuesday, August 13 at 10:30 am Picnic w/ Cherryhill
- Tuesday, August 20 at 1:15 pm-Big Dipper & Walled Lake
- Tuesday, August 27 at 10:30 a.m.- Novi Library Music on the Patio and Lunch



## JULY HIGHLIGHTS

**04 July 4<sup>th</sup>.** The residents had such a wonderful Parade through Assisted Living which segued into patriotic entertainment. They also enjoyed red, white and blue popsicles on the patio.

**12 Celebrating Butterflies.** Our caterpillars arrived and we are patiently watching them go through their metamorphosis. Soon we'll be able to put them into their habitat and then release them.

**23 National Gorgeous Grandma Day.** The ladies loved all of the special notes and pictures that the families sent. It made them feel so special which is what this day is about. It was a beautiful event of petit Fours, Punch and a harpist.

**26 Camp Waltonwood.** This is always one of my favorite events! This year we had 51 kids bringing our community to life. The community was transformed into a camp for the day with pony rides, tie-dye and more.



## FOREVER FIT

### Staying Strong

A focal point of the Waltonwood Forever Fit Program is the use of resistance training to significantly improve the quality of life for our residents. A key component in establishing long-term health and independence lies in our ability to maintain muscle strength as we age. Research indicates a direct relationship between aging and the loss of muscle, decrease in bone density and diminished level of physical function. In fact, the average person over the age of fifty can experience a 15%-20% loss in muscle strength per decade in the absence of regular exercise. Whether exercise machines, dumbbells, bands or body weight, when combined with aerobic, flexibility and balance exercise, resistance training has been shown to dramatically improve over health and well-being. By delaying muscular atrophy, increasing bone density and helping to improving balance and coordination regular resistance training is a key component of active aging.

## AUGUST SPECIAL EVENTS

**02 MC Summer Olympics.** Let the games begin!! These residents will participate in an opening ceremony procession lead by our torch bearer that will lead us to the stadium where we will compete in javelin, disc throwing and more.

**12 Travel to Hawaii.** Hula, Don Ho and a lot of Hawaiian history await the residents as we dive into the gorgeous state of Hawaii.

**07 Sunflower Art.** Our artists will paint a sunflower on canvas that will be on display in our Life Enrichment Room. Sunflowers will be a there this month. Look in the courtyard and see our sunflowers growing.

**21 Woodstock.** Calling all hippies to join us on this cool day filled with history, peace and love. We'll dress in some groovy attire and listen to the music of this historic event.



## EXECUTIVE DIRECTOR CORNER-Joe Whitney

August is National Dog Month....and Waltonwood Twelve Oaks has several dogs that live in the community with our residents. Dogs, and other pets can provide wonderful companionship to seniors. Waltonwood is proud to be one of the few senior living communities in the area which allows pets. We have always had a policy to allow dogs and pets in the community because of the mental health benefits residents receive from their presence.