



## COOKING DEMONSTRATIONS

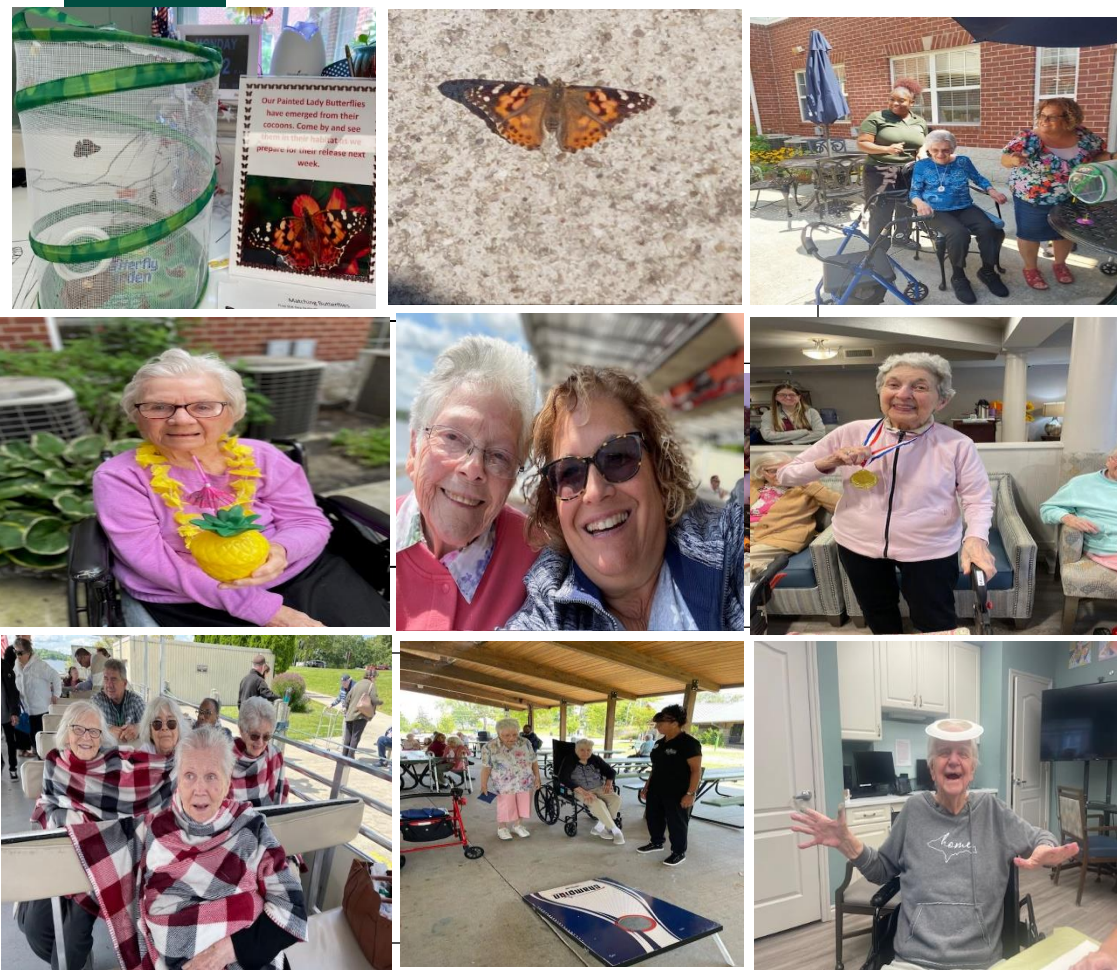
**09** State Fair Food 2pm

**16** Churros for Hispanic Heritage Month 2pm

**25** Bowling Banquet 2pm

**30** Apples & Caramel Dip 2pm

## COMMUNITY COMMUNICATION



### RESIDENT BIRTHDAYS

Happy Birthday  
Judy P  
9/5

Our September Support Group will be on Thursday 9/26 at 2pm upstairs in the meditation room of AL.



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

SEPTEMBER 2024



Redefining Retirement Living

SINGH

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## COMMUNITY MANAGEMENT

Joe Whitney  
Executive Director

Deanna Hite  
Business Office Manager

Charles Arnest  
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



*"Autumn is the second spring when every leaf is a flower." Albert Camus*

How can it already be September? We'll embrace it with open arms, as we have had an amazing summer!! We'll continue to enjoy the sunny, warm days in our courtyard as long as possible.

Our art and cooking to apples this month will be all about apples. We will visit Parmenter's Cider Mill in Northville the end of the month to truly kick off Fall.

On a personal note, thank you for all of your kind words and gestures as I navigate this time of loss and healing for my beloved dad. ~Alecia





## ASSOCIATE SPOTLIGHT-CATALINA MONDRAGON

Catalina Mondragon exudes love and the joy of life. She loves and respects our residents and enjoys working with them. It makes her feel so good when she helps someone that is having a rough day or that isn't always open to be helped. Her interest and degree in Psychology makes her a great person to work in MC. She is always trying to learn more about dementia and how it effects the brain, in order to help our residents.

Catalina has 3 sons and a wonderful husband. She loves her family and being with them as much as possible. Since the boys live in Belgium, she tries to visit often or plans a trip so that they can all be together, girlfriends included. She has traveled all over Europe and South America, Mexico, Marrakech (Morocco) and Iceland. She speaks Spanish, French and has caught on very quickly to English. Her family enjoys extreme sports and have done them all over the world.

Her 3 sisters call her Mother Theresa, because of her love of helping every living creature. Catalina has rescued dogs and cats all over the world, rescuing is a huge part of her life. It all started when her family saw a dog that was in terrible condition while they were in Mexico. They rescued him and named him Fire, as he was beautiful and had red fur.

We are so fortunate to have Catalina and her positive and healing light to working at WTO for hopefully many more years to come.



## TRANSPORTATION INFORMATION

Come join us for our enriching outings. We have a new bus driver

- Tuesday, September 3, Walled Lake & Ice Cream at 1:30
- Tuesday, September 10, Big Dipper Burgers for Lunch at noon.
- Tuesday, September 17 at 1:15 pm Dairy Queen.
- Tuesday, September 24 at 1:15 pm Parmenter's Cider Mill.



## AUGUST HIGHLIGHTS



## SEPTEMBER SPECIAL EVENTS

**02 Labor Day.** We will discuss what Labor Day means to all of us and reminisce about the jobs that the residents had.

**08 Grandparents Day.** Come join us for our 6<sup>th</sup> Annual Classic Car Show. We'll also have Kona ice and music to enjoy. This is a great intergenerational event.

**11 Patriot's Day.** We will open up with a discussion about Patriot's Day and spend time in the afternoon making cards that we will take to our first responders.

**21 World Alzheimer's Day.** All month long we will be making purple bracelets that we plan to sell and have the proceeds go to the Alzheimer's Association.



## FOREVER FIT

### Pay Attention

Aches, pains, sprains and strains are all just a common part of daily life. How we manage them however can have a much greater impact on our long-term health and wellbeing. Exercise is important, sleep is essential and our bodies are constantly sending us signals and messages that act as a signpost of when we need to move more and when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our self-health a top priority. You are the one true expert on your own body so be attentive, be truthful and listen to the messages that your body is giving you.

## EXECUTIVE DIRECTOR CORNER-Joe Whitney

It is the unofficial end of summer and the kids are back in school. This should also remind everyone that this is also the start of flu season. Waltonwood is having an Influenza Clinic October 17<sup>th</sup> for residents and staff. Waltonwood is encouraging everyone to get the Influenza Vaccine this year as it will help keep everyone safe and feeling better this year. We also encourage everyone to consider getting the Covid Vaccine and boosters if necessary. Working in the senior living environment, we are always reminded that it is important that we keep seniors healthy. Encouraging our seniors and staff to get vaccines for seasonal illness is a great place to start.