UNIVERSITY CONNECT

OCTOBER 2024

WALTONWOOD UNIVERSITY
Redefining Retirement Living
SINGH

3250 Walton Blvd. Rochester Hills, MI
www.waltonwood.com | 248-375-2500
Facebook: /WaltonwoodUniversity

Celebrating Birthdays in October!

Residents:
October 4th
Lucille Moerer
October 7th
Bertha O'Rourke
October 9th
Pat Fleming
October 9th
Barb Joabar
October 14th
Patricia Turner
October 17th
Kay Crowley
October 24th
Bernice Harwood
October 29th
Fern Deel
October 30th
Farley Deel

Staff:
October 8th
Julias Steed
October 10th
Alex Ortiz
October 11th
Leann Meften
October 15th
Gail Pederson
October 16th
Patricia Carter
October 19th
Ashili Lee
October 23rd
Rickaya Robinson
October 25th
Azariah Patton
October 28th
Dante Peeples
October 28th
Brandon Winkler

October

October! October!
There's magic in the name;
A clear sky, a blue sky
And sunsets all aflame.
October! October!
It's harvest time again;
The high corn, the low corn,
Is gathered in the bin.
October! October!
The birds sing with swelled throats;
A long song, a last song,
Of tender parting notes.
October! October!
The hills are all aglow
With red leaves, with gold leaves,
That dance when soft winds blow
October! October!
I love you ore each year;
Your warm days, your soft days,
To me they are most dear.

-Maitland Bushby

COMMUNITY MANAGEMENT

Noah Stinson
Assoc. 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

Rachel Clink
Wellness Coordinator

Paige Culver
Dining Room Supervisor

Angie Sorgi
Dining Room Supervisor

FRIENDS & FAMILY REFERRAL PROGRAM!

$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!

ASSOCIATE SPOTLIGHT

Our associate spotlight this month is Rachel Clink our AL Wellness Coordinator!

Rachel is our new Assisted Living Wellness Coordinator. She lives in Waterford, MI. and has a 3-year-old daughter. Rachel has worked in healthcare since 2011, her passion comes from caring for her grandmother who lived to be 99 years old! When she is not working, she serves as Director/Board Member of a dog rescue- Michigan Pit Bull Education Project. This position is volunteer every other Sunday. Besides animals, she is interested in sports, she played basketball in high school and college.

UPCOMING OUTINGS

10/1 1:00 p.m.
Nino Salvaggio International Market

10/2 12:00 p.m.
Detroit Insitute of Arts

10/8 12:45 p.m.
Franklin Cider Mill

10/22 12:45 p.m.
Hibachi House Grill

10/23 6:00 p.m.
Tilson Street Halloween Display

10/29 12:30 p.m.
White Horse Inn

10/30 9:30 a.m.
Casino

All outings are subject to change!

Please make sure that you sign up for all outings in the life enrichment binder

WALKTOBER

For the month of October, as a community we will be doing a Walktober Challenge.
The Walktober challenge consists of walking 31 miles or 1 mile a day in the month of October.
See Katelyn in Life Enrichment for more information

OCTOBER SPECIAL EVENTS

04
Ab Lincoln will be back in community for his Political Lincoln presentation!

09
It's Apple Cider Season! Come down to the bistro to enjoy some donuts and apple cider.

14
Mindy from Worksite Chair Massage will be in community offering chair massages for our residents.

18
Happy Oktoberfest! Come down to the bistro to enjoy a hot soft pretzels and a beer tasting!

25
October is Breast Cancer Awareness Month! Wear pink today in support!

31
Happy Halloween! Come celebrate with a Halloween happy hour and special guest doing tarot card readings!

October is Breast Cancer Awareness Month

We will be having a fundraiser for the National Breast Cancer Foundation!

For the entire month of October we will be collecting money to donate to this cause!

If you would like to donate, please see Katelyn in Life Enrichment!

For each donation you will receive a keychain!

FOREVER FIT: FOCUS ON FITNESS

Active Aging Week

As we once again transition from September to October, it also means it's time for Active Aging Week. In its 21st year, the week-long event highlights the need and importance of actively aging as we celebrate older adults' contributions and promote healthy lifestyles through engaging wellness programs. Each Waltonwood community will display what Active Aging means to them, and if there's anything we know active aging can look very different to different people. Starting Monday September 30th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

Chris Grabowski | *Forever Fit Manager*

EXECUTIVE DIRECTOR CORNER

October, known as Emotional Wellness Month, serves as a reminder to disconnect and dedicate time to nurturing our mental well-being. "Emotional wellness" refers to our ability to process feelings in a healthy, positive way and manage the stress of everyday life. If you feel stressed or overwhelmed, try a soothing activity like puzzling, meditation or a card game to slow down and clear your mind. Use Emotional Wellness Month as an opportunity to take charge of your emotional wellness, find the soothing activities that work for you and, most of all, breathe!

We're thrilled to welcome October and the beautiful fall season filled with vibrant leaves and refreshing mornings and evenings. Our life enrichment team has an exciting calendar planned! We can't wait to showcase our 'Oktoberfest' event and invite all the kids for trick-or-treating at the end of the month. Stay safe, stay cozy, and most importantly... keep smiling!

Noah Stinson | *Associate Executive Director*