



- Birthdays**
- Residents:
- Anne F. 3/2
- Clara K. 3/8
- Staff:
- Scherry Kenworthy – 3/9
- Linda Lachowski – 3/13
- Kyriel Reese – 3/13
- Diana Ghaleb – 3/21
- Magaera Terteling – 3/22
- Susan Vida – 3/22
- Jacob Midgett – 3/23
- Aaden Hernandez – 3/25
- Terry King – 3/28
- Taylor Crowe – 3/30
- Ariana Phelps-Terry – 3/30
- Mary Pero – 3/31

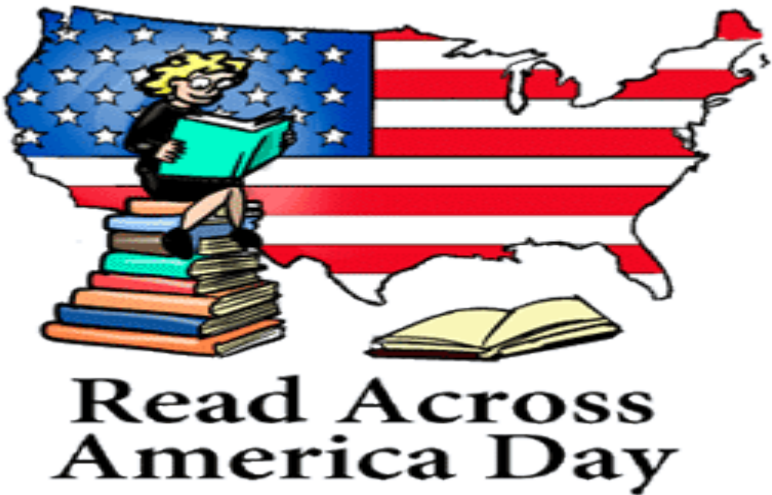
Musical Highlights This Month

3	11
1:30 pm	1:30 pm
Carol Jean- Sing-a-Long	Boogie Woogie Kid- Piano
18	27
6:00 pm	2:00 pm
Kevin Wills- Vocals	Charlene & Mark- Guitar/Vocals



UNIVERSITY CONNECT

MARCH 2025



Resident volunteers will travel to Oak Arbor Christian Montessori School in Oakland Twp., to read to the students in celebration of national “Read Across America Day” on Wednesday March 12<sup>th</sup> at 10 am. Our residents will be reading the book “Dream Big” by Deloris Jordan, a motivational story about her famous basketball player son, Michael Jordan, and how he prioritized working hard, goal setting and teamwork to achieve big dreams. The residents will read to the students, discuss the book and play some simple basketball games with the children. Each child will receive a copy of the book and goody bag keepsake. Contact Life Enrichment if you are interested in joining us for this event.

COMMUNITY MANAGEMENT

- Noah Stinson
- Interim Executive Director
- Aaron Nash
- Culinary Services Manager
- Taylor Crowe
- Environmental Services Manager
- Donna Donakowski
- AL Life Enrichment Manager
- Celeste Roth
- Marketing Manager
- Tammy Collins
- Business Manager
- Brennen Bollinger
- independent Living Manager
- Lauren Carbonara
- IL Life Enrichment Manager



\$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!





### Employee Spotlight- Olivia Pasfield

Olivia is a care giver and med tech who has been working at WWUN for less than a year. She chose senior living because she cared for an ill family member and found it very satisfying assisting with their needs. She currently lives in Lake Orion and is a middle child in the family, she has two brothers. She is taking classes at OCC for nursing and would be like to eventually work in labor/delivery or pediatrics. She likes to read mysteries, biographies and crime stories. She has a pet cockatiel which she rescued, and likes birds the best of all animals! She is currently expecting a baby with her due date in June! Thank you, Olivia, for choosing WWUN!

### February Highlights

1

Marco Floyd Music

7

Wear Red for Women



14

Valentine's Day



### Forever Fit

#### Pick Your Pace

Just like our personalities our fitness profile is uniquely ours. Our strengths, weaknesses, abilities and limitations are directly connected to our overall health and wellness. Past experiences often shape our perception of our potential when assessing our current state. While comparison is normal, it shouldn't be the barrier that prevents you from leading a more active, healthy life. What matters most is being honest with yourself and identifying what your current capabilities are. By meeting yourself where you are today can establish a base that your future improvements can be built. By focusing on the current version of yourself rather than a past one, you help to identify what your body truly needs in that moment. Like most thing in life, exercise is not one size fits all, it requires an attention to details and a tailored approach designed to find a pace that suits you best.

### Life Enrichment Events in March

March 4<sup>th</sup> is Fat Tuesday, also known as Paczki Day. Paczki are a jam filled doughnut originating from Poland and usually enjoyed on this day prior to the catholic observance of Lent.

March 17<sup>th</sup> is St. Patrick's Day. We will enjoy specialty Irish tea, coffee, other beverages and cookies while listening to Irish music and learning about Ireland and its culture.

March 21<sup>st</sup> afternoon we will host a baby shower for Danielle Ybarra, Life Enrichment Assistant who is expecting a baby boy at the end of April.

March 28<sup>th</sup> is Senior Fitness Day. We will make healthy fruit and yogurt smoothies and enjoy a walk outside, weather permitting.

### March Events

4

Paczki Day

17

St. Patrick's Day

21

Baby Shower for Danielle

28

Senior Fitness Day



### Executive Director -Noah Stinson

As we welcome the vibrant month of March, we're reminded of the beauty of renewal and growth. With spring just around the corner, we are excited about the upcoming activities and events designed to bring joy, connection, and creativity to our community. From our fitness programs to engaging social events, our goal is to create an atmosphere where every resident feels valued, inspired, and connected.

I want to take this opportunity to express my gratitude for the trust you place in us every day. The commitment and enthusiasm of our residents, staff, and families are what make this community truly special. Together, we continue to build a space where everyone is respected, engaged, and enriched. As always, please reach out to me or any of our team members with questions or suggestions. We're here to support you and ensure that your experience with us is as fulfilling as possible. Here's to a bright, healthy, and exciting March!