

Waltonwood Experience



April Birthdays

Residents

- Tom S. 4-5
- Natalie K. 4/13
- Peter J. 4/14
- David K. 4/24

Associates

- Nicholle W. 4/2
- Marcella K. 4/5
- Dana M. 4/9
- Lorrie E. 4/19

New Residents

- Will G.
- Frank D.
- Peter J.



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! Ask for details!

NATIONAL GARDENING DAY

National Gardening Day encourages gardeners and would-be gardeners to pick up a shovel and some seeds and kick-off a beautiful year of homegrown bounty.

Ready to Start Gardening?

- Get inspired by visiting your local nursery or garden center.
- Sign up for a gardening course, in person or on line!
- Look for a community garden in your area.
- Organize a seed and perennial plant swap with neighbors and friends.
- Join a garden club.

Benefits of Gardening

Reduces Stress	Improves Memory	Improves Hand Strength	Lowers Blood Pressure
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HOW TO GARDEN SAFELY

Have a seat nearby | Remember sun protection | Raised bed or container gardening

Whether you want to grow vegetables, fruit, flowers, houseplants, or anything in between, National Gardening Day celebrates a satisfying pastime that you can enjoy for years. Call us today to learn about our gardening clubs, or stop in and see what's growing at Waltonwood.

www.Waltonwood.com

Royal Oak connect

APRIL 2025



Earth Day- How will you Help?

While our Earth is arguably millions of years old, Earth Day—the day set aside to commemorate and demonstrate our support for the protection of our planet—is just over 50 years old.

Earth Day was first celebrated on March 21, 1970. That was the day of the spring equinox, the first day of spring in the northern hemisphere. About a month later, on April 22, 1970, Gaylord Nelson—a United States Senator from Wisconsin—organized an Earth Day celebration focused on the United States and its growing environmental problems. He chose April 22—which was a Wednesday in 1970—rather than March 21, the spring equinox, because he wanted to maximize the number of students who would be on campus at that time. April 22, 1970, did not fall during spring break, nor did it conflict with either Passover or Easter. And, Nelson reasoned, it was late enough in spring for the weather to be warm enough for outdoor activities in most of the country. The United Nations celebrates both the spring equinox and April 22 as Earth Days.

Thanks to Earth Day, many Americans began putting the concepts of environmental protection into action. Recycling is now a priority in families and communities, animals once on the endangered list are now thriving worldwide, and the Earth Day Network works with hundreds of thousands of schools across the planet to integrate the ideals of environmental protection into everyday curriculum.



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Facebook:WaltonwoodRoyalOak

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

Keywanna Jones
Move-In Coordinator

Joshua Lampear
Culinary Service Manager

Tashila Green
Dining Room Supervisor

Sharon Boucher
Dining Room Supervisor

Jorden Swan
Environmental Service Manager

Nicholle Williams
Housekeeping and Laundry

ASSOCIATE SPOTLIGHT

Congratulations to our April associate of the month, Carline! Carline is part of the housekeeping team and has been with the company since 2022. Carline says what she loves about working at Waltonwood is being a part of a good team. One of her best memories is celebrating Hawaiian Day with her coworkers and the residents. She wants to continue to help make a clean and comfortable environment for the residents. Carline loves to cook for her family and providing them with a loving space. On the weekend Carline enjoys spending time with her grandchildren watching the Jamaican track and field team. She loves chocolate milk, but she dislikes disrespectful people. Thanks, Carline!



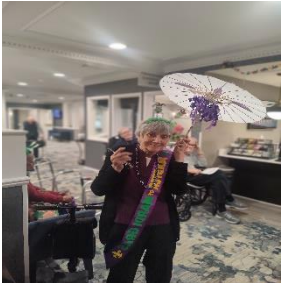
MARCH HIGHLIGHTS

04

Mardi Gras Celebration

08

National Women History Month – One Women Show



16

St. Patrick’s Day

23

Old St. Mary Church Tour



FOCUS ON FITNESS: The Perfect Pair

A strong body starts from the ground up and choosing the right shoes is key part of keeping our feet healthy. Correctly fitting shoes can help to reduce foot, knee, hip and back pain and promote healthy circulation. Shoes with low-padded heel drops, proper arch support and wide bases with good traction can also drastically help to reduce the risk of falls. As we age it’s not uncommon for our feet to also get wider and flatter. Nearly 1/3 of seniors will suffer from chronic foot pain much of which is caused by ill fitted footwear. Having your feet accurately measured by professionals who specialize in shoes for seniors can help to ensure a well fitted shoes and feet that will feel the difference.

By Chris Grabowski



Wayne State University – Waltonwood to Dollywood Reading Event

APRIL SPECIAL EVENTS

01

Library Card Sign Up Fair
1:00PM

04

Tiger Opening Day
Tailgate 2:00PM

08

Outing- Lunch at
Maggiano’s 10AM

14

Men’s Club Luncheon
11:30PM



Congratulation Charlie, on your promotion to Senior Wellness Coordinator

A New Chapter; A New Ministry at Waltonwood Royal Oak

Waltonwood Royal Oak is excited to welcome a new member into the Waltonwood family. Deborah D of St. David’s Episcopal Church will regularly oversee the monthly nondenominational service. Deborah will visit Waltonwood the last Sunday of each month at 1:00PM beginning April 27th. Deborah has been a member of St. David’s Episcopal church since 1996 where she serves as their Sacristan, Acolyte trainer, Lay Eucharistic Visitor as well as Minister and Vice-President of Daughters of the King. Deborah has a medical background, working and training staff to work in communities such as Waltonwood. She is currently employed as an Inpatient RNH-hospice Case Manager at Corewell Health Beaumont Royal Oak. Deborah says, working with the elderly opened her heart and felt the Hbly Spirit’s constant nudge to the calling of Chaplaincy. She is enrolled at Ecumenical Theological Seminary in Detroit, pursuing an MDiv. Deborah says she is eager to serve at Waltonwood because there is a real need for ministry and outreach in our communities. She wishes to enlighten those who desire spirituality and participate in worship. I implore all Waltonwood residents to support this new chapter in the Waltonwood Royal Oak history by coming out to meet and welcome Deborah on April 27th at 1:00PM in the Media Room