



RESIDENT BIRTHDAYS

June T. – July 1
 Bob W. – July 1
 Joanne S. – July 3
 Deb R. – July 11
 Howie M. – July 18
 Shirley J. – July 19
 Gena Y. – July 19
 Kay G. – July 23
 Gay Ann D. – July 26
 Mary T. – July 28
 Joyce B. – July 28
 Celia G. – July 30

ASSOCIATE BIRTHDAYS

Grace B. – July 1
 Lauren C. – July 2
 Erin G. – July 3
 Raymond P. – July 4
 Soanora M. – July 6
 Dennis G. – July 8
 Kris B. – July 11
 Josef K. – July 12
 Alonzo S. – July 14
 Demetria J. – July 16
 Elijah J. – July 25
 Aaron N. – July 27
 Dot D. – July 28

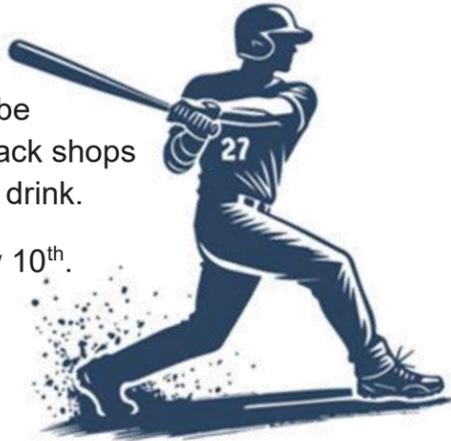
TAKE ME OUT TO THE BALL GAME!

Are you ready to *play ball*?

Swing into summer with us at Jimmy John's Field for their annual Senior Day Baseball Game on Wednesday, July 16th! Root for the home team or cheer on the away team. Either way, you'll enjoy the sunshine and the excitement of America's favorite pastime.

We will be leaving the community at 9:45AM, and the game will begin at 11:00AM. You will be provided a bagged lunch, and there will be snack shops available should you wish to purchase food or drink.

Please sign-up for the game no later than July 10th.



CHURCH OUTINGS

Did you know that we offer weekly transportation to church?

Every Sunday, we offer transportation to 3 churches in the area. If there is another church you are interested in attending, please see Lauren in Life Enrichment to possibly make arrangements!

9:20AM St. Irenaeus Catholic Church and Rochester Church of the Nazarene

10:30AM St. John Lutheran Church

If you would like to attend one of the church services, please sign up for the outing using the green Life Enrichment binder located at the Front Desk. Make sure you are in the lobby no later than the scheduled leave time (either 9:20 or 10:30AM).

WEEKLY CHURCH OUTINGS

Please sign-up using the Life Enrichment binder at the Front Desk

Every Sunday

9:20AM St. Irenaeus Catholic Church & Church of the Nazarene

10:30AM St. John Lutheran Church

WALTONWOOD UNIVERSITY

JULY 2025

3250 Walton Boulevard, MI 48309
www.waltonwood.com | (248) 375-2500



Redefining Retirement Living

SINGH



Big Sable Point Lighthouse, Ludington, MI

MICHIGAN DATES IN HISTORY: JULY

July 2, 1972 Michigan legislature approves a state lottery to provide additional revenue for the state.

July 4, 1866 Civil War soldiers from Michigan rallied in Detroit for one last march.

July 6, 1898 Mackinaw Island banned automobiles on the island.

July 12, 1974 Women were allowed to join the Michigan National Guard for the first time, and four Flint women signed up.

July 13, 1936 The hottest day in Michigan history was recorded in Mio at 112 degrees.

July 14, 1913 Gerald Ford, the only President 'from' Michigan, was born. Ford served nearly 25 years as the Representative from Michigan's 5th congressional district before becoming Vice-President.

July 24, 1951 President Truman helped Detroit celebrate its 250th birthday during the week-long festivities. Almost a million Michigan residents lined the streets to watch the President participate in the parade.

July 30, 1863 Henry Ford was born on a farm in Dearborn, Michigan.

COMMUNITY MANAGEMENT

Zachary Adamski
Executive Director

Tammy Collins
Business Office Manager

Celeste Roth
Marketing Manager

Aaron Nash
Culinary Services Manager

Taylor Crowe
Environmental Services Manager

Brennen Bollinger
Independent Living Manager

Lauren Carbonara
Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Amber Williams
Resident Care Manager

Elijah Jones
Wellness Coordinator



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!

ASSOCIATE SPOTLIGHT: JENNA

We are proud to announce our latest Employee of the Month, Jenna! Jenna has been working at Waltonwood as Moving Coordinator for a year and a half, and her favorite part of the job is getting to know the residents and developing relationships with them and their families.

When not assisting with new move-ins, Jenna enjoys working out, baking, spending time with her nieces and nephews, and going to the farm to see her cow, Maybelle. Yes, you heard that correctly: her pet cow!

If you have been lucky enough to try one of Jenna's homemade cookies, you may not be surprised to know that she has a secret chocolate chip cookie recipe. You may be surprised to learn, though, that she used to compete in horseback riding competitions!

Jenna's favorite movies are Shutter Island and Hacksaw Ridge, and she enjoys listening to country and Christian music.

When asked about Jenna, her supervisor Celeste said, "She never hesitates to jump in when another department needs assistance. Jenna embodies what it means to be a team player."

Thank you, Jenna, for all you do for our residents and community!



JUNE HIGHLIGHTS

2

Ice Cream Sundae
Cooking Demo

20

Cranbrook Art
Museum



23

Men's Luncheon

24

Mike's on the Water
Restaurant



FOREVER FIT: HEALTHY HYDRATION

Healthy hydration habits are important any time of the year, but they become essential during the hot, humid summer months. As we age, the water content in our bodies naturally decreases, our sensation of thirst diminishes, and the side effects from certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and hydrated in the months to come. Making sure there's always fluids nearby to drink throughout the day, eating plenty of water rich fruit and vegetables like cucumber and watermelon, and avoiding strenuous outdoor activities during the peak hours of the afternoon are simple changes that can make a major difference.

IT'S HEATING UP IN HERE!

As the weather continues to heat up, it is important to be on the lookout for signs of dehydration, heat exhaustion, and heat stroke in both yourself and others.

Thirst is often the first sign of dehydration, followed by headache, fatigue, dry mouth, lack of sweating, and muscle cramps. Signs of severe dehydration also include dizziness, rapid heartbeat and breathing, fainting, and lack of energy. To prevent dehydration, avoid caffeinated beverages such as coffee, tea, energy drinks, and soda. Instead, opt for plain water, sparkling water, or flavored water and remember to drink often, not just when outside.

Heat exhaustion is caused by the body's loss of salt and water, which is often caused by hot conditions and a lot of sweating. Symptoms of heat exhaustion include nausea, dizziness, cool and clammy skin, headache, heavy sweating, and high body temperature.

Heat stroke is an extremely dangerous condition when the body can no longer cool down properly, which can cause permanent disability or death if emergency treatment is not received. Symptoms of heat stroke include a loss of sweating, feeling chills despite a high body temperature, confusion and slurred speech, loss of consciousness, hot and dry skin, seizures, and rapid pulse and heart rate.

The best way to prevent heat exhaustion and heat stroke is by increasing your water intake and wearing lightweight, breathable clothing. If you exercise outside, do so during the early morning hours before it heats up for the day and take plenty of breaks. Make sure you know your personal risk. Those with chronic kidney disease or diabetes, for example, are more vulnerable to the heat. Certain medications can also affect a person's ability to stay cool and hydrated.

Let's stay safe this summer!

EVENTS TO ADD TO YOUR CALENDAR

15

6:00pm Concerts in the
Courtyard: Kevin Wills

18

4:00-7:00pm Camp
Waltonwood (RSVP
for Guests)

22

2:00pm Gorgeous
Grandma Elevated
Happy Hour

29

1:30pm July Birthday
Party & Entertainment:
Lukas Stachurski



July is a month glowing with celebration, reflection, and sunshine. As we step into the peak of summer, it's the perfect time to appreciate the freedom we enjoy, lift up voices that deserve to be heard, and embrace the warmth both from the sun and within our community here at Waltonwood. With its long days and warm nights, July invites us to slow down, reconnect with nature, and prioritize joy and well-being.

July is also our reminder and recognition of our Independence. Independence Day on July 4th, commemorating the birth of the United States and honoring the enduring values of freedom, justice, and unity. Whether you're watching fireworks, gathering with loved ones, or simply taking a quiet moment of gratitude, it's a time to reflect on how far we've come and how we can continue building a more inclusive and equitable future for all.

This month also marks National Minority Mental Health Awareness Month, a vital opportunity to recognize and support the unique mental health challenges faced by underrepresented communities. It reminds us that mental health is just as important as physical health and that access to care, compassion, and understanding must extend to everyone.