



July Birthdays

Residents

- Nathan C. 7/3
- Beverly B. 7/8
- Judith G. 7/12
- Nancy C. 7/13
- Jule J. 7/20
- Dotti L 7/22
- Michele C. 7/23
- Lily P. 7/31

Associates

- Carol S. 7/1
- Thedosha E. 7/10
- Charita Y. 7/13
- Mary Ann S. 7/14
- Amber S. 7/16
- Krystil J. 7/16

New Residents

- Ron N.
- Sylvia S.

## The Waltonwood Experience

### SURPRISING Dehydration Facts

Dehydration is an extremely common yet preventable medical condition that affects millions of people every day.

#### Stats & Facts

- 75% of Americans are dehydrated.
- The average American drinks just 2.5 cups of water a day (8 cups of water per day are recommended).
- Mild dehydration can affect your ability to think clearly.
- You can't survive more than a few days without water.
- Dehydration makes you sleepy.
- Thirsty? You're already dehydrated.
- It take just 45 minutes to rehydrate.



#### Foods with High Water Content

INGREDIENT	% WATER	SERVING SIZE
Cucumber	96%	1 cup peeled and sliced
Tomato	94%	1 medium
Bell pepper	92%	3/4 cup sliced
Grapes	92%	1 cup
Cantaloupe	90%	1 small wedge
Orange	97%	1 medium
Blueberries	85%	1 cup
Apple	84%	1 medium
Watermelon	92%	1 cup diced, or 10 balls

#### Dehydration Signs & Symptoms

- Little or no urination.
- Dark or amber-colored urine.
- Dry skin that stays folded when pinched.
- Irritability, dizziness, or confusion.
- Low blood pressure.
- Rapid breathing and heartbeat.
- Weak pulse.
- Cold hands and feet.

Skin is our body's biggest organ, and water evaporates through it all day long. Seniors should protect their skin daily with a moisturizer to help combat dryness.

While these tips make good health-sense, it is important to stay in communication with your or your loved one's doctor and keep in mind that managing some medical conditions may require intentional restrictions of fluid intake.



www.Waltonwood.com



### \$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!

# Royal Oak Connect

JULY 2025



## July Happenings: Fun in the Sun at WRO

Get ready for a sizzling July filled with fun adventures and delightful events at Waltonwood! We have an exciting lineup that will keep everyone engaged and entertained all month long!

Kick off the month by celebrating the **4th of July** in style with a special performance by the fantastic Jimmy K, bringing patriotic songs and festive cheer to our community!

Then join the **Sakura Japanese Instrumental Group on July 8<sup>th</sup> at 6:00 PM** for a mini concert of festival and folk music. A celebration of life to bring communities together.

We're thrilled to announce our first-ever **Bark Bar event on July 11th**, where community family members and staff are invited to bring their beloved dogs into our community. This paws-itively adorable event is part of our pet drive, so please bring a bag of food or a toy for the Royal Oak Animal Shelter. We can't wait to see all the furry friends joining the fun!

And who can resist ice cream? We'll be celebrating **National Ice Cream Day on July 20th** with a delightful ice cream social! Treat yourself to your favorite flavors and toppings while enjoying great company and laughter.

Don't forget about the **Funny Money Auction on July 22nd!** Join us for some light-hearted competition.

On **July 23rd**, we will honor our wonderful residents with **Gorgeous Grandma Day!** Get ready for a day filled with pampering and appreciation for all the gorgeous grandmothers in our community!

This July is packed with joy, laughter, and memorable experiences at Waltonwood! We can't wait to see you all participating in these fantastic events and making the most of summer together.



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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

Fashunda Braswell  
Wellness Coordinator

Marketing Manager  
Gabrielle Maciag

Keywanna Jones  
Move-In Coordinator

Joshua Lampear  
Culinary Services Manager

Tashila Green  
Dining Room Supervisor

Sharon Boucher  
Dining Room Supervisor

Jorden Swan Environmental  
Service Manager

Nicholle Williams  
Housekeeping and Laundry  
Supervisor



ASSOCIATE SPOTLIGHT

Congratulations to our July Employee of the Month, Bashkim! As one of our maintenance team members Bash, tries to keep the building in perfect condition. A team member since 2013, one of Bash’s best memories of working at Waltonwood is participating in the staff Christmas Party, where he won a big screen TV. Because of Bashkim’s generous heart he gave the TV that he won to a friend that had no TV. Bashkim is an avid soccer fan. Bash’s at bat song is Doctor Doctor, he loves Butter Finger candy and water. Thank you, for your hard work!



National BINGO Day

TRANSPORTATION INFORMATION

The Waltonwood shuttle bus is available for reservations to go to medically necessary doctor's appointments & essential errands (grocery store, banks, salons)!

Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm!

You can also speak to Mary Ann personally to set up your reservations or make reservations at the front desk.

If we are not able to accommodate your scheduled appointments you may wish to contact the Smart Bus Company at 866-962-5515

JUNE HIGHLIGHTS

06

Detroit Symphony Orchestra

15

Father’s Day Dinner

17

WRO Fishing Trip

26

Detroit Tigers Game



JULY SPECIAL EVENTS

07

Watercolor Painting 1:30PM

12

Camp Waltonwood 12 PM

14

Mind, Body and Soul with Carian 1:00PM

21

Book Club Discussion 3:30PM



FOCUS ON FITNESS 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 and our sensation of thirst diminishes. Also, certain medications have side effects that 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 fruit and vegetables with high water content 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. **By Chris Grabowski, Senior Forever Fitness Manager**

The Fourth of July – Independence Day

Every country in the world has July 4 on its calendar—but only the United States of America has the Fourth of July! It’s the most popular and most widely celebrated of all the secular holidays. It’s the date written on the Declaration of Independence, when Americans proclaimed their freedom from Great Britain. It’s a patriotic, flag-flying, parade-watching, hotdog-eating, firecrackers exploding holiday that brings families, neighborhoods, cities—the whole country—together to celebrate freedom and summertime. The official, legal separation from England actually occurred on July 2, 1776, when the Second Continental Congress approved Virginia representative Richard Henry Lee’s resolution to declare the United States a free and independent nation. But the Declaration of Independence was not finalized and signed until two days later, on July 4, 1776, the date Americans have been celebrating ever since.