

#### **HAPPY BIRTHDAY**

#### **July Birthdays:**

Cathy H.	7/6
Suzie N.	7/6
Norma I.	7/7
Pete S.	7/9
Elaine H.	7/14
Hilda M.	7/26
Pauline S.	7/26
George Jr S.	7/29

### **COMMUNITY MEETINGS**

- Resident Council Meeting: July 2<sup>nd</sup> @ 2:00pm (CR)
- Any suggestions, comments, concerns, or positive feedback can be placed in the suggestion box in the Post Office for Resident Council. These are read monthly at the council meetings.
- Food Meeting: July 29<sup>th</sup> @ 2:00pm (DR)
- Town Hall: July 29<sup>th</sup> @ 2:30pm (DR)

# **OUTING OPPORTUNITIES**

For all outings, please sign up in the post office unless noted differently.

#### **Recurring Outings:**

Sundays 9:30am - St. Thomas a' Becket Catholic Church

Wednesdays 10:00am - Meijer or Kroger Shopping Mondays 12:45pm - Canton Public Library with the Walkers Group Please note that there will not be a trip to Meijer on July 30<sup>th</sup>, due to a scheduled outing.

#### **Special Trips:**

July 2<sup>nd</sup> 1:00pm: Target Shopping (Sign Up in the Post Office)

July 9th 1:15pm: Dementia Friendly Movie- "The Long, Long Trailer!" (Sign up at the Front Desk)

July 16th 12:00pm: The Local Tavern Restaurant (Sign up in the Post Office)

July 24<sup>th</sup> 12:30pm: Dairy-Go-Round Ice Cream (Sign up in the Post Office)

July 30<sup>th</sup> 10:00am: Kensington Boat Ride (Sign up in the Post Office)

If there are any questions or recommendations for outings, please contact Logan at Logan.Winton@singhmail.com .



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!

# CHERRY HILL CONNECT **JULY 2025**

#### LIFE ENRICHMENT CORNER

#### Sundae Mondays:

If you love ice cream, Sundae Mondays are for you! Come to the post office at 12:15pm for a delicious ice cream sundae. We are excited to bring this back and hope you will enjoy this fun tradition.

#### Men's Group - Bourbon, Beer and Billiards:

Calling all men! Please join us on the second floor in the Billiards room on July 10<sup>th</sup> at 12:30pm for a fun afternoon of bourbon, beer and billiards. We look forward to this as a time of relationship building and some friendly competition! Sign up is not required and we look forward to seeing you all there!

#### Group Opportunities with Maggie:

Maggie is our Oakland Hospice Bereavement Coordinator and Music Therapist! She spreads joy and comfort through her many programs she offers each month Please see your calendar for more information and locations. Grief Support Group- July 7th at 2:30pm Music Therapy- July 14th at 2:30pm Open Office Hours: July 21st from 2:30pm-3:30pm

Quilting and Sewing Club: If you are interested in Quilting and Sewing, our club Logan Winton has resumed meetings. Meetings will take place on Fridays from 10:00am-2:00pm. This is a great opportunity to get back into something you love or to come and learn a new skill! Please see Logan with any guestions!

Pet Adoption and Fostering: The kick off to our Clear the Shelters initiative has begun and we are so excited to support such an amazing cause. There are many ways you can help! Collection buckets have been placed the front entrance for any pet supply donations that will help out many of our local shelters. Please als keep an eye out on your calendars for fun pet-themed programming such as DIY Dog Toy making and pet-focused movies every Friday Night! Please see Logan with any questions!

Gorgeous Grandma Day: To celebrate all of our gorgeous grandmas this year we will be hosting our annual fashion show! Our theme this year will be Women Throughout History! We plan to have our gorgeous grandmas represent significant women throughout history and share their story, as well as share parts of their own personal story. If you are interested in being a model for our fashion show, please see Logan.

#### -Life Enrichment Department 01

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## COMMUNITY MANAGEMENT

Tiffiany Tucker **Executive Director** 

Business Office Manager

Joel Vassallo Culinary Services Manager

Jamaal Saleh Environmental Services Manager

**Krystal Sidibe** Independent Living Manager

Independent Living Life Enrichment Manager

Rebecca Wilson Assisted Living Life Enrichment Manager

Mallory Bryant Memory Care Life Enrichment Manager

Renee Ralsky Marketing Manager

Resident Care Manager

Memory Care Wellness Coordinator

Tumeka Mays Assisted Living Wellness Coordinator

#### ASSOCIATE SPOTLIGHT

Congratulations Stacie! Stacie is our Housekeeping Supervisor for our Environmental Services team. She showcases a strong work ethic, willingness to help anyone in need, and passion in everything she does. We are blessed to have her as a part of our team and honored to name her as our July Associate of the Month!





#### JUNE MONTHLY HIGHLIGHTS

10<sup>th</sup>

Our Men's Group: Bourbon, Beer and Billiards had so much fun! It was an afternoon filled with laughter and not-sofriendly competition! We hope you all enjoyed and look forward to seeing you back in July!!



**Thank you Welcome Committee!** 



# 19<sup>th</sup>

Keller and Stein joined us for a great afternoon of flower arranging! They shared expertise on how to properly arrange flowers and we learned so much! Thank you to all who participated!

# **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 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.

- Chris Grabowski, MS | Senior Forever Fitness Manager

# TRANSPORTATION INFORMATION

Transportation requests for personal needs must be received a minimum of 48 hours ahead of time. Please see the front desk receptionist to make your request. A driver will follow up to confirm if your request can be accommodated. If you do not hear back from one of our drivers, please follow up to ensure your request has been approved. There will be an additional charge for anything over 10 miles. Independent Living has priority over transports on Mondays, Wednesdays, and Fridays. Memory Care and Assisted Living have priority over transports on Tuesdays and Thursdays.

#### Welcome Committee

We are very blessed in our community to have a wonderful Welcome Committee. Our committee is committed to welcoming new residents as well as helping them become more acclimated to their new surroundings, working closely with our Move-in Coordinator Ruth and IL Manager Krystal. You will often see them at breakfast or dinner with a new resident or giving a tour around the community. Their dedication to creating a welcoming atmosphere to all does not go unnoticed and we are beyond grateful to have them. I know many of you have been welcomed by these amazing people. Thank you, Joyce C, Jim A, Carol A, Karen C, Mary J and Mary Anne D! We appreciate you!

### JULY SPECIAL EVENTS

#### Saturdays at 2:00pm Bible Study with John:

Join us in the 3<sup>rd</sup> floor Library for a bible study hosted by John Scherdt. If you are looking for an opportunity to discuss scripture, learn and enjoy the company of those around you, this is the place to be! We look forward to seeing you there!

# 15<sup>th</sup>

Join Krystal and Logan in the IL Theater at 2:30 pm for a technology support class on how to take screenshot and send a photo! If you are struggling and would like to learn more about how to use the technology in your life, this class is the perfect opportunity to do so! We hope to see you all there!

# EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,

Happy July! We are looking forward to this fun filled Summer and all it brings. This season we will be able to enjoy outdoor entertainment and so much more. Sadly, I will miss all of you and will cherish moments that will last a lifetime. Thank you for all of the farewell wishes and warm and loving compliments received. This was very difficult for me also- Please be sure to continue to check in and out through accushield for safety purposes. We invite you to see our activities calendar for additional information planned for this month. We continue to have monthly Town Hall Meetings scheduled that will provide community updates for all. As always, we value your input and suggestions. Happy July 4th 🍀

It's a pleasure to be of service and please feel free to contact me with any questions that you may have 03at Tiffiany.tucker@singhmail.com

# 29<sup>th</sup>

Chef Joel will be joining us in the Dining Room at 11:00am for an interactive program called "Builda-Menu". If you are curious to what the menu building process looks like for the community, this is the perfect opportunity to learn more and help create a menu of the week with Chef!