



RESIDENT BIRTHDAYS

Mary G. 8/3

Sherry D. 8/3

ASSOCIATE BIRTHDAYS

Cynthia M 8/8

Christa M 8/12

Trey E 8/15

Leticia G 8/15

Jonathon R 8/17

Michael C 8/25

MUSIC HIGHLIGHTS

August 13- Charlene Vocals & Guitar 2:00 pm

August 19- Traveling Bon Vocals & Piano 1:00 pm

August 29- Vanessa Carr Vocals 1:30 pm

DIA Outing August 22

Join us for our annual Detroit Institute of Arts Field Trip. Deluxe bus transportation will provide door to door service to the DIA. Knowledgeable DIA docents will provide private guided tour for our group. Please RSVP with Activities or Front Desk by August 7th.

Discover around 65 standout works from the DIA's renowned modern art collection—featuring bold movements like impressionism, post-impressionism, cubism, expressionism, surrealism, and abstraction. Beloved icons and rarely seen treasures share the spotlight, among them works by Francis Bacon, Maria Blanchard, Jean Dubuffet, Mary Cassatt, Paul Cézanne Ernst Ludwig Kirchner, Claude Monet, Roberto Montenegro, Edvard Munch, Georgia O'Keeffe, Pablo Picasso, John Sloan, Vincent van Gogh, and Remedios Varo.

Spanning three galleries—two focused primarily on European art and one on the art of the Americas—this striking presentation reflects the profound transformations that reshaped Europe, the United States, Mexico, and Brazil between the mid-1800s and 1960s. Industrialization, global conflict, and cultural exchange fueled these artists' groundbreaking approaches as they responded to a rapidly changing world.

Dynamic groupings encourage fresh connections and unexpected conversations across time, place, and perspective—offering new ways to experience old favorites before they return to our reimagined Modern art galleries.



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!

UNIVERSITY CONNECT

AUGUST 2025

Advance Directives

How to plan for hospitalizations and changes in your health.

Advanced Directives are an essential guide to ensure that your healthcare wishes are met with satisfaction and consistency from your care team. Join this seminar to learn about how Advance Directives support you in your healthcare journey.

JOIN US!

August 5th, 2025
3:30 - 4:30 p.m.

See Life Enrichment Manager for community watch location and a virtual link listed below.

Presented by:
Pamela Sanner

*Social Worker
Oakland Hospice*

Virtual Meeting Link:

Advance Directives Seminar
August 5th 2025 3:30-4:30pm

<https://meet.goto.com/richardmabe/waltonwoodadvancedirectivesseminar>

This is a free seminar for residents and families to attend.



ABOUT YOUR SPONSORS:

Waltonwood

A family-owned brand founded in 1987, Waltonwood communities allow seniors to enjoy a carefree lifestyle with personal services tailored to meet their needs and exceed their expectations. With well-appointed Independent Living, Assisted Living, and Memory Care options, we emphasize life-enriching programs and a warm, supportive atmosphere that encourages resident independence.

Oakland Health

With a strong history of excellence in an array of health care services, Oakland Health provides hospice, outpatient therapy, and private duty caregivers to seniors in private homes and communities.

Encore Geriatrics

With a Mission to help improve the quality of seniors lives across the continuum by providing patient-centered care, Encore Geriatrics offers comprehensive care to individuals living in rehabilitation and long-term care facilities. Services include everything from home blood tests and online diagnostics to prescription delivery.



OaklandHealthServices.com | Waltonwood.com | EncoreGeriatrics.com



SINGH
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www.waltonwood.com | 248-375-2500
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COMMUNITY MANAGEMENT

Zachary Adamski
Executive Director

Tammy Collins
Business Office Manager

Aaron Nash
Culinary Services Manager

Taylor Crowe
Environmental Services Manager

Brennen Bolinger
Independent Living Manager

Donna Donakowski
Life Enrichment Manager

Celeste Roth
Marketing Manager

Amber Williams
Resident Care Manager

Elijah Jones
Wellness Coordinator

DESSERTS AT WALTONWOOD ARE *DELICIOUS*!! THANKS TO SCOTT, OUR PASTRY CHEF FOR THE LAST 8 MONTHS.

SCOTT WAS BORN IN DETROIT AND HAS BEEN BAKING PASTRIES FOR OVER 20 YEARS!

HE LIKES ROCK AND ROLL MUSIC, AND HIS FAVORITE MOVIE IS THE GODFATHER.

WHEN NOT WHIPPING UP SOMETHING SWEET FOR US TO EAT AT WALTONWOOD, YOU MAY FIND SCOTT AT THE GOLF COURSE OR PLAYING IN HIS ONCE-WEEKLY POOL LEAGUE. HE ALSO ENJOYS SPENDING TIME FIXING UP HIS DODGE CHARGER. IN ADDITION TO HIS COOKING AND BAKING SKILLS, SCOTT ALSO USED TO REFINISH HARDWOOD FLOORS.

THANK YOU, SCOTT, FOR YOUR HARD WORK AND DEDICATION TO OUR COMMUNITY. YOU ARE VERY APPRECIATED BY BOTH STAFF AND RESIDENTS ALIKE!

Employee of the Month
Scott Boczkowski



JULY HIGHLIGHTS

- | | |
|---------------------------------|------------------------------|
| 1 | 16 |
| Dog Shelter Blanket Tying Craft | Jimmy John's Baseball Outing |
| 16 | 23 |
| Making Cherry Hand Pies | Gorgeous Grandma Marco Floyd |



FOREVER FIT

A Strong Foundation. A focal point of the Waltonwood Forever Fit Program is the use of resistance training to significantly improve the quality of life for our residents. A key component in establishing long-term health and independence lies in our ability to maintain muscle strength as we age. Research indicates a direct relationship between aging and the loss of muscle, decrease in bone density and diminished level of physical function. In fact, the average person over the age of fifty can experience a 15%-20% loss in muscle strength per decade in the absence of regular exercise. Whether exercise machines, dumbbells, bands or body weight, resistance training has been shown to dramatically improve over health and well-being while delaying muscular atrophy, increasing bone density and improving balance and coordination. Start slow, build gradually and stick with it. Improvements take time but it's those improvements that make or time much more prosperous.

TRANSPORTATION INFORMATION

Waltonwood University provides transportation to doctor and other necessary appointments. It is preferred to schedule transportation appointments at least two weeks in advance. In order to accommodate other community outings, we recommend scheduling doctor appointments on Mondays and Thursdays. All appointments must be within a 10-mile radius of the community. Exceptions to day and distance will be considered if driver is available. Assisted Living residents must have Resident Care Manager approval for the appointment. A family member must be present for all doctors' appointments and the Physician Office Visit forms must be completed by the physician and returned to the Resident Care Manager after appointment. Please see Front Desk Concierge or Life Enrichment for transportation request forms.

AUGUST SPECIAL EVENTS

- | | |
|-----------------------------|--------------|
| 5 | 5 & 20 |
| Advanced Directives Webinar | Therapy Dogs |
| 13 | 22 |
| Animal Shelter Outing | DIA outing |



EXECUTIVE DIRECTOR CORNER

As the final month of summer, August is a time of transition when long, sunny days begin to shorten and preparations for fall slowly take root. It is also a month of meaningful observances and events. August hosts several national awareness campaigns, including National Immunization Awareness Month, National Black Business Month, and Spinal Muscular Atrophy Awareness Month, encouraging communities to educate, support, and take action. Be on the lookout for our immunization clinic within our community.

Locally, August is filled with engaging events for residents. On August 7, the "Bark Bar" will be held from 3:30–5 PM in Independent Living as part of the Clear the Shelters initiative. A shelter outing to deliver donations is scheduled for August 13 at 11 AM for both Assisted and Independent Living participants. Art enthusiasts can enjoy an outing to the Detroit Institute of Art on August 22 from 11:30 AM to 4 PM. The month closes with music and community at the Concert in the Courtyard on August 27, exclusively for Independent Living residents.