



RESIDENT BIRTHDAYS

Mary D. – August 1
Barbara M. – August 2
Ella S. – August 7
Barbara R. – August 12
Richard S. – August 12
Larry B. – August 14
Janet B. – August 21
Lana E. – August 22
Richard H. – August 28

ASSOCIATE BIRTHDAYS

Cynthia M. – August 9
Christa M. – August 12
Trey E. – August 15
Leticia G. – August 15
Jonathon R. – August 17
Michael C. – August 25

MR. POSTMAN

Uh oh – you’ve just realized it’s your cousin’s birthday later this week, and you forgot to get her a birthday card. Well, you’re in luck!

Free greeting cards are available in the Bistro for all residents to take – birthdays, anniversaries, holidays, sympathy, get well soon, or just because – we’ve got a card for every occasion!

In the Bistro, look for the blue file organizer – near the bingo chip cart. Feel welcome to take a card when you need one, but remember, they are for everyone; please help make sure there’s enough to go around by taking only what you need.



DOG DAYS OF SUMMER BARK BAR



You and your furry friend are invited to join us at the Bark Bar – all for a great cause! Your pet will enjoy tasty treats, and we’ll have cocktails and appetizers for our two-legged guests, plus a fun photo booth to capture the memories.

Donations are welcome – new pet supplies and monetary contributions will be accepted, all benefiting the *Michigan Animal Rescue League*.

Thursday, August 7th from 3:30 – 5:30pm.



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!

WALTONWOOD UNIVERSITY

AUGUST 2025

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



Big Sable Point Lighthouse, Ludington, MI

MICHIGAN DATES IN HISTORY: AUGUST

August 1, 1817 Michigan’s first successful regularly issued paper debuts: The Detroit Gazette.

August 6, 1845 University of Michigan’s first graduation ceremony is held.

August 12, 1679 Lake St. Clair is discovered during an expedition led by René-Robert Cavelier, Sieur de La Salle.

August 17, 1980 Al Kaline became the first Detroit Tiger to have his uniform number, 6, retired.

August 18, 1904 The Belle Isle Aquarium, the oldest public aquarium in the country, opens their doors for the first time.

August 20, 1920 America’s first radio station that began commercial broadcasting went on the air in Michigan. The station was originally 8MK, then WBL in 1921, and later WWJ in 1922.

August 25, 1872 An equine influenza outbreak spread through Detroit’s horse population and temporarily halted streetcar runs.

August 27, 1856 Abraham Lincoln, then an “obscure lawyer,” spoke in Kalamazoo to campaign for Presidential Candidate John Charles Fremont. This is the only time Lincoln ever addressed an audience in 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

ASSOCIATE SPOTLIGHT: SCOTT

Isn't the dessert at Waltonwood *delicious*? For that, you can thank our newest Employee of the Month, Scott! Scott has been our Pastry Chef for the last 8 months, and we are sure happy he's here. His favorite part of being at Waltonwood is working alongside the other talented chefs in the kitchen and hearing the positive feedback on his desserts.

Scott was born in Detroit and has been baking 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 work, you may find Scott at the golf course or playing in his once-weekly pool league. He also enjoys spending time fixing up his car, a Dodge Charger. In addition to his cooking and baking skills, Scott also used to refinish hardwood floors.

When asked about Scott, Chef Aaron said, "Scott is a great chef to work with because he is laid back, reliable, and always willing to go the extra mile for our residents."

Thank you, Scott, for your hard work and dedication to our community. You are very appreciated by both the staff and residents alike!



WELCOME ABOARD, LISA!

We are extremely excited to welcome Lisa as the newest member of our Life Enrichment team! Lisa brings with her a wealth of experience and a genuine passion for creating meaningful, engaging experiences for others. She will be joining us on Thursdays and Fridays, and we're confident that her enthusiasm and expertise will be a wonderful addition to our community!

Lisa was born in Toledo, Ohio, but she has been living in Rochester Hills for almost 20 years. She has two adult children, Samantha and Liam, who are the light of her life. Additionally, she has two Shih Tzu pups, Cookie and Buddy.

If Lisa's name sounds familiar, it may be because you have read one of her many published articles. She is a former editor, reporter, and freelance writer. Lisa also used to work in advertising, and she has a strong interest in pop culture, social media, and astrology.

Dead Poets Society is her favorite movie, and she enjoys all kinds of music – everything from country to hip-hop.

Lisa is eager to get to know you all, so please help make her feel welcome by stopping by to say hello and introduce yourself!



JULY HIGHLIGHTS

1
Fourth of July Party

18
Camp Waltonwood



18
Camp Waltonwood

21
Gorgeous Grandma Bridal Photos



FOREVER FIT: A STRONG FOUNDATION

A focal point of the Waltonwood Forever Fit Program is the use of resistance training to 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 overall health and well-being while delaying muscular atrophy, increasing bone density, and improving balance and coordination. Start slowly, build gradually, and stick with it. Improvements take time, but it's those improvements that make our time much more prosperous.

EVENTS TO ADD TO YOUR CALENDAR

15
11:30am Men's Bible Study (New Program!)

20
3:00pm Lecture with Bruce Zellers: Eisenhower

22
11:45am Detroit Institute of Arts Outing (Sign-up by 8/8 Required)

25
3:00pm Happy Hour & Show and Tell



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 3:30–5:30PM in Independent Living as part of the Clear the Shelters initiative. A shelter outing to deliver donations is scheduled for August 13 at 11AM for both Assisted and Independent Living residents. Art enthusiasts can enjoy an outing to the Detroit Institute of Art on August 22. The month closes with music and community at the Concert in the Courtyard on August 27, exclusively for Independent Living residents.