



JohnToomey
9-8

Alice LaMay
9-9

Peggy McElroy
9-11

Margaret Beier
9-13

Kathleen Hopkins
9-17

Ed Denomie
9-23

Odena Wadsworth
9-26

Priscilla Lilligh
9-29

Birthday Celebration
September 9th
1:30 pm



MEMORIES ARE FOREVER



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!

CARRIAGE PARK CONNECT



September is here, marking the transition from summer to fall. On clear days, the sun seems brighter, the sky bluer, the white clouds take on marvelous shapes; the moon is a wonderful apparition, rising gold, cooling to silver; and the stars are so big. So, savor every moment of crisp mornings and cozy evenings!

HOLLYWOOD
Casino
— TOLEDO —

Friday September 12th 9:30 am bus departs

NEW
LIVE
ENTERTAINMENT

WEDNESDAY SEPTEMBER 17TH
3:00 PM IN OUR LIBRARY



Canton Center Rd, Canton, MI 48187
www.waltonwood.com | 734 844 3060
Facebook: WaltonwoodCarriagePark

COMMUNITY MANAGEMENT

Tabitha Sheriff
Executive Director

Terry Lobb
Business Office

Culinary Services

Jonathan VanWicklin
Environmental Services

William Scott
Independent Living

Erin McGraw
Fran Farrell
Life Enrichment

Ashley Hall
Kenny McCormack
Marketing

Tasha Clark
Wellness Coordinator

Amanda Stewart
Resident Care

ASSOCIATE SPOTLIGHT:
CHERYL PAPUTA

Cheryl has been a concierge for the past 16 years. She is known as our Waltonwood Historian filled with lots of knowledge of all our current and past residents and family members. Cheryl truly loves her job and loves coming to work everyday so she can serve everyone she comes in contact with throughout her day. Cheryl always has a “what can I do for you” mentality with a smile! The residents really enjoy coming to visit Cheryl at the front desk because she takes the time to talk with them and to get to know them personally!!! When Cheryl is not at work, you’ll find her walking in Plymouth, she also walks the Mackinac Bridge every Labor Day.



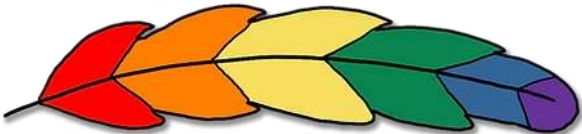
Beginning the week of Monday September 8th, our annual Fall WWBL will begin. The season will run 8-weeks and will take us to the end of October. There is still time for you to form a team. See Erin



FOREVER FIT/ Better Balance

September is Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year, 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling. In fact, research indicates that seniors who strength train twice per week for a minimum of six weeks, has decreased their fall risk by 40%. When combined with balance training— which on its own also lowered their fall risk by 30%— overall fall prevention rates decreased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

Happy Grandparents Day, Sunday September 7th
Invite your grandchildren to join you for the amazing



RAINBOW FEATHERS
Bird Club and Rescue
2:00 pm – Refreshments Served

OPEN HOUSE
Tuesday, September 16th at our Assisted Living Community. Meet staff and learn about the services, amenities and personalized support they given in Assisted Living.

BOOK CLUB



The Book Club book this month is “THE WOMAN IN THE CASTLE.” It’s not too late to get a copy from Joan or Mitzi. This group meets every third Tuesday of the month with Shane from the Canton Library, to discuss the books. If you enjoy reading this is the group for you! We will be meeting September 19th at 12:00p.m. this month in back dining room.



Calling all Carriage Park Men
Join in another great fellowship luncheon
September 19th 12:00 pm



EXECUTIVE DIRECTOR CORNER

My name is Tabitha Sheriff, and I'm honored to join you as the new Executive Director here at Waltonwood Carriage Park. I've worked in senior living for 17 years, and as an Executive Director for 10 years. What I enjoy most is building meaningful connections and having the opportunity to ensure we are providing a quality service for you in your home. Outside of work I love spending time with my son, going for walks, reading and traveling. I truly look forward to meeting each of you and being part of this wonderful community.