



SEPTEMBER BIRTHDAYS

Allan H. Sept. 3rd
Bill K. Sept. 10th
Sal C. Sept. 11th

ZODIAC:

Virgo - August 23 - Sept. 22
Libra - Sept. 23 - Oct. 22

Birthstone- Sapphire

Virgo is an earth sign ruled by Mercury. Virgos are logical, practical, and systematic in their approach to life. This earth sign is a perfectionist at heart and is not afraid to improve skills through diligent and consistent practice.

Libra is an air sign represented by the scales, which reflects Libra's fixation on balance and harmony. Libra is obsessed with symmetry and strives to create equilibrium in all areas of life. Ruled by Venus, the planet that governs love, beauty, and money, Libras adore high art, intellectualism, and connoisseurship.



FRIENDS & FAMILY
REFERRAL PROGRAM

National Assisted Living Week



NATIONAL ASSISTED LIVING WEEK® • SEP 7-13, 2025

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® recognizes the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals who make a difference in the lives of our residents.

This year's theme for National Assisted Living Week® is "Ageless Adventure." This year's NALW theme offers assisted living staff, residents, and families the opportunity to celebrate the week with big smiles and even bigger adventures! Ageless Adventure reminds us that the journey never stops, and adventure has no age limit.

Embracing this year's theme, "Ageless Adventure," staff and residents are teaming up for a week of exciting experiences—from sailing across the open seas to Mexico and Hawaii, to dancing at a fiesta and luau, to enjoying a relaxing spa day at sea, proving that adventure knows no bounds.

\$3,500 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they will thank you for it - and then we'll thank you for it too! Ask for details!

CARRIAGE PARK CONNECT

September 2025



UPCOMING EVENTS

As we step into September, the golden threshold between summer and winter, we still have plenty of summer left to enjoy. This month is packed with exciting events and activities.

We begin with Assisted Living Week, highlighting the wonderful attributes of our staff and residents that make assisted living what it is today. Grandparents' Day on September 7th marks the start of this special week, and we will set sail on a cruise adventure to celebrate.

Our Bowling League starts on the 11th, and we still have a few spots available on both teams. If you are interested, please join us in the TV room at 10:00am on Thursdays and Fridays. It's a fantastic way to stay active and have fun with friends.

On the 16th, we are thrilled to welcome back Mark Sinatra, who will be crooning all your favorite Sinatra songs. It's sure to be a delightful performance that you won't want to miss.

For those who love surprises, our mystery lunch trip is on the 17th. Make sure to sign up early as bus space fills up quickly. It's always an adventure to see where we'll end up!

The foot doctor will be here on the 22nd. If you need an appointment, please see Cheryl at the front desk. Taking care of our health is important, and we're glad to offer this service.

Finally, on the 24th, we will be visiting the Michigan Flight Museum in Belleville. This trip will give us a chance to learn about the importance of Willow Run and its impact during WWII. Space is limited, so sign up early if you are interested.



Redefining Retirement Living

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COMMUNITY MANAGEMENT

Tabitha Sheriff
Executive Director

Terry Lobb
Business Office Manager

William Scott
Independent Living Manager

Amanda Boyer
Resident Care Manager

Tasha Clark
Wellness Co-Ordinator

Erin McGraw
Life Enrichment Manager IL

Fran Farrell
Life Enrichment Manager AL


Jonathan VanWicklin
Environmental Service
Manager




Ashley Hall
Marketing Manager

Kenneth McCormack
Marketing Manager

ASSOCIATE OF THE MONTH

Cheryl Paputa

 **Celebrating 16 Years of Excellence!**

Cheryl Paputa has been honored as the Associate of the Month, and it is no surprise why! With an incredible 16 years of dedicated service as a concierge, Cheryl has become a beloved figure at Waltonwood Carriage Park. Her warm and welcoming attitude, combined with her deep knowledge of the residents, creates a truly homelike atmosphere that everyone cherishes. Cheryl's commitment and passion shine through every day, making her an invaluable part of our community. When she is not at Waltonwood you can find her walking around Plymouth or trying out a new recipe. She also walks the Mackinac Bridge every year. Let's give a big round of applause to Cheryl for her outstanding contributions!   



FOREVER FIT / WELLNESS Chris Grabowski, MS

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 seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall prevention rates increased even more. Better balance takes time, but by taking a proactive approach with strength training you can set yourself up for long term success.



Executive Directors Corner

Hello Everyone,

My name is Tabitha Sheriff, and I am honored to join you as the new Executive Director here at Waltonwood Carriage Park. I have 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.

