



## RESIDENT BIRTHDAYS

Don M. – Sept. 3  
Phyllis M. – Sept. 4  
Roger S. – Sept. 7  
Rosy R. – Sept. 7  
Jim O. – Sept. 17  
Susan M. – Sept. 29  
Gary C. – Sept. 29

## ASSOCIATE BIRTHDAYS

Rick W. – Sept. 2  
Brennen B. – Sept. 3  
Robert M. – Sept. 5  
Scott B. – Sept. 9  
Jon B. – Sept. 16  
Christopher P. – Sept. 20  
Shamar W. – Sept. 25  
Ja'mere B. – Sept. 26  
Greta B. – Sept. 26

## NATIONAL ASSISTED LIVING WEEK

National Assisted Living Week, which takes place September 7<sup>th</sup>-13<sup>th</sup>, celebrates the individuals who live and work in assisted living communities and to educate the public about the benefits of assisted living. To celebrate, we have an exciting lineup of activities planned for both residents and staff. We hope you will join us in participating in this special week!

**Monday, Sept. 8<sup>th</sup> at 11:00am** – Unity “quilt” popsicle stick craft (*Private Dining Room*)

**Tuesday, Sept. 9<sup>th</sup> from 1-4pm** – Hot Dog Truck & Entertainment by Twice as Nice (*Outside AL Entrance*)

**Thursday, Sept. 11<sup>th</sup> from 1:30-3:30pm** – Penny Auction [for staff] and ice cream sundaes [for all!] (*AL Dining Room*)

**Friday, Sept. 12<sup>th</sup> 10am-12pm** – Donut Food Truck (*Outside AL Entrance*)

**Friday, Sept. 12<sup>th</sup> at 11:30am** – Educational Q&A with Resident Care Manager (*Campus Room*)



## WALTONWOOD DREAM CRUISE



Come celebrate the end of summer at our second-annual Waltonwood Dream Cruise!

Begin in Mary's apartment (#166) and check out her extensive car gallery. Then, head to the Campus Room to enjoy cake and prizes!

You don't have to be a car buff to enjoy the Dream Cruise. This will be a fun afternoon for everyone!

**Wednesday, September 24<sup>th</sup> from 1:30-3:30pm**



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 Celeste for details!

# WALTONWOOD UNIVERSITY

## SEPTEMBER 2025

3250 Walton Boulevard, MI 48309  
[www.waltonwood.com](http://www.waltonwood.com) | (248) 375-2500



Tunnel of Trees, Harbor Springs, MI

## MICHIGAN DATES IN HISTORY: SEPTEMBER

**September 1, 1796** Mackinac Island officially became part of the United States.

**September 6, 1960** JFK delivered his first official campaign speech for president in Cadillac Square.

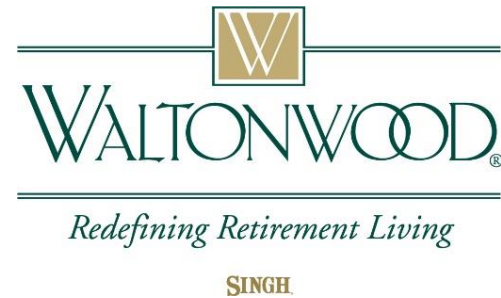
**September 9, 1938** The Detroit Lions moved their season games to Briggs Stadium. They continued playing there until 1975, when they moved to the Pontiac Silverdome.

**September 12, 1911** The Wright Brothers' Exhibition Team performed the first ever airplane flight over Grand Rapids. The aircraft featured two seats, one for the pilot and one for a single passenger.

**September 16, 1944** Sgt. Oscar Johnson from Ishpeming, MI, is awarded a Medal of Honor, the highest award for bravery in combat in the United States. He is one of the 464 men from WWII who was awarded the medal.

**September 20, 1860** 18-year-old Albert Edward, Prince of Wales, stopped in Detroit during a four-month tour of Canada and the United States.

**September 25, 1849** Michigan has its first state fair.



## 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**  
IL Life Enrichment Manager

**Donna Donakowski**  
AL Life Enrichment Manager

**Amber Williams**  
Resident Care Manager

**Elijah Jones**  
Wellness Coordinator



ASSOCIATE SPOTLIGHT: DOT

No doubt, no matter how long you have lived at Waltonwood, you know and love Dot, who is our newest employee of the month! Dot has been working in Housekeeping at Waltonwood for 12 and a half years, and she has certainly touched the lives of countless residents along the way. Her favorite part about working at our community is talking with the residents every day, as well as being with all of her coworkers.

Born in Pontiac, Michigan, Dot has three children, nine grandchildren, and three great-grandchildren. When not at work, she enjoys spending time with her two dogs, Polka and Ace, bowling, and watching TV. Her favorite movie is Driving Miss Daisy and Coming to America, and her favorite type of music is blues and R&B.

When asked about Dot, Taylor, our Environmental Services Manager, said, “Dot is a very loyal and dedicated employee. I can’t say enough good things about her. She is a core part of this team and extremely appreciated.” Thank you, Dot, for your many years of service to our residents!



DETROIT OPERA HOUSE

“Close your eyes and let the music set you free.” – Phantom of the Opera

We are very excited to announce that members of the Detroit Opera House will be performing for our community! Join us on **Friday, September 12<sup>th</sup> at 1:00pm** in the Campus Room for an unforgettable afternoon!

Our opera guests will be singing a wide variety of pieces, from well-known musicals to some more traditional operas. Residents will be encouraged to sing along to the songs they know and tap your toes to the ones you don’t.

Whether you're a longtime opera fan or simply love beautiful music, this is a performance you won't want to miss!



AUGUST HIGHLIGHTS

- 4

Cooking Demo with Chef Aaron
- 14

Surprise Party for Amanda
- 14

Lois’ Adventure: Detroit Princess Cruise
- 22

Detroit Institute of Arts Outing



EVENTS TO ADD TO YOUR CALENDAR

- 9

1:00-4:00pm Hot Dog Truck
- 12

1:00pm Detroit Opera House
- 22

10:00am-3:00pm Mobile Secretary of State (RSVP required)
- 24

1:30-3:30pm Waltonwood Dream Cruise



FOREVER FIT: BETTER BALANCE

September is Fall Prevention Awareness Month, and fall prevention is one of the greatest concerns for many seniors as they age. Each year, 1 in 4 seniors report 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 train 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 preventions 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.

September is a month of change, reflection, and new beginnings. It’s the start of a new school year for many, symbolizing fresh opportunities and the excitement of learning. In the United States, September kicks off with Labor Day, a national holiday honoring the hard work and contributions of American workers.

The 15<sup>th</sup> marks the start of Hispanic Heritage Month, a time to recognize and celebrate the impact of Hispanic and Latinx communities on American history and culture. It’s also National Suicide Prevention Month, a crucial time for raising awareness, offering support, and fostering open conversations about mental health. Alongside this, National Recovery Month shines a light on those recovering from substance use disorders, celebrating their strength and promoting access to treatment and recovery services.

September also carries moments of solemn remembrance and appreciation. Patriot Day on September 11<sup>th</sup> honors the lives lost during the 9/11 attacks and pays tribute to the courage of first responders and everyday heroes. Grandparents’ Day offers a chance to show love and gratitude for older generations, while Constitution Day on the 17<sup>th</sup> celebrates the signing of the U.S. Constitution, a foundational moment in American democracy. September also marks Assisted Living week where we honor the care staff who provide care and support for our residents in assisted living. Please join us in celebrating their efforts September 7<sup>th</sup> through the 13<sup>th</sup>.