

The Waltonwood Experience



Royal Oak Connect

SEPTEMBER 2025



National Assisted Living Week

Get ready for an upbeat celebration as National Assisted Living Week kicks off from September 8-13! Established by the National Center for Assisted Living, this special week honors the incredible contributions of assisted living communities across America.

At Waltonwood Royal Oak, we'll be organizing exciting activities and events to celebrate our dedicated staff, whose compassion, dedication and kind hearts make a difference every day. We invite everyone including residents and staff to join in the festivities, show appreciation to our amazing staff, and participate in the week's events.

This week please take a minute to contemplate the complexity of our intertwined relationships with residents, families and staff members. Think about what we have learned from each other and how these relationships can grow stronger in the future. Let's come together to celebrate and thank those who care for us and those who live here!

COMMUNITY MANAGEMENT

Taylor Obomsawin
Executive Director

Vicki Shotwell
Business Office Manager

Donyel Snead
Life Enrichment Manager

Tonicka Benefield
Resident Care Manager

FaShunda Braswell
Wellness Coordinator

Marketing Manager
Gabrielle Maciag

Keywanna Jones
Move-In Coordinator

Joshua Lampear
Culinary Services Manager

Tashila Green
Dining Room Supervisor

Sharon Boucher
Dining Room Supervisor

Jorden Swan Environmental
Service Manager

Nicholle Williams
Housekeeping and Laundry
Supervisor

Residents

- Judy C. 9/7
- Ray C. 9/11
- Gladys T. 9/18
- Gloria S. 9/20
- Mary Lou C. 9/20
- Betty R. 9/24

Associates

- Ukayla F. 9/9
- Kathy C. 9/16
- Nathan H. 9/28
- DaNya M. 9/28
- Tonika B. 9/29

New Residents

- Joann P.
- Leonard M.
- Helen D.



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!

ASSOCIATE SPOTLIGHT

Congratulations to April, our Employee of the Month for September! Since joining Waltonwood in April 2025, April has demonstrated her passion for working with our residents. She cherishes the opportunity to listen to their life stories. She is committed to growing with the company, building meaningful relationships, and providing comfort, healing, and support to those she serves. In her free time, April enjoys writing, crafting, and songwriting. She is a fan of Fanta orange pop, chocolate, and jellybeans. April's pet peeve is rudeness, but her favorite place is with her family, wherever they may be. She is a devoted Christian, with special skills in cooking. We are grateful for April's contributions and look forward to her continued success at Waltonwood!



BUS TRANSPORTATION

The Waltonwood bus is available for reservations to go to medically necessary doctor's appointments & essential errands (grocery store, banks, salons)! Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm! Please make bus reservations at the front desk. You can also speak to Mary Ann personally to set up your reservations. If we are not able to accommodate your scheduled appointments you may wish to contact the Smart Bus Company at 866-962-5515 or 734-212-8429

AUGUST HIGHLIGHTS

06

National Root Beer Day

07

Beverly B. Taking a Dip in the Splash Pad



08

Outing – Berkley Historical Society

13

Dream Cruise 2025



SEPTEMBER SPECIAL EVENTS

07

Grandparents Day

20

Detroit Historical Museum
9:30AM

26

Waltonwood Royal Oak Grand Reopening

28

Live Music with Steve Elmore 3:30pm



Focus on Fitness: 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. **By Chris Grabowski**

September Fun Facts

September is the ninth month and the only month with the same number of letters in its English name as the number of the month. • The song “September” by Earth, Wind & Fire has become an unofficial anthem for the month—especially the lyric “Do you remember the 21st night of September?” • The flower of the month is the Aster which signifies powerful love • The birthstone of the month is the brilliant dark blue sapphire, representing wisdom, prosperity, truth and power • September is the only month in which stock prices have fallen more often than risen. • Richard Saunders, the 17th-century English astrologer and physician, said it was good to eat goats’ milk and pomegranates in September. • The last day of September in any year always falls on a different day of the week from the last day of any other month that year. This year, it’s on a Tuesday. • September is the most popular month for birthdays in the United States.