



EMPLOYEE SPOTLIGHT: ABBY CANNON



Abby has been with Carriage Park going on 17 years. She is loyal, kind, hard working and has a passion for cooking. Abby is always willing to help anyone in need with a smile on her face. Abby is the only female cook at Waltonwood and fits in great with the guys! Abby and the love of her life, Joe, have two beautiful girls Alora 6 and Rayla 1. We are so blessed to have her part of

CARRIAGE PARK CONNECT

NOVEMBER 2025

“While only one day of the year is dedicated solely to honoring our veterans, Americans must never forget the sacrifices that many of our fellow countrymen have made. “Some people dream the dream. Some people live the dream. Some people defend the dream. God bless the defenders.” — Unknown

We will be honoring our veterans with a special lunch for their service to our country.



- Frank Learned – U S Navy
- Charles Turner –U S Navy
- Ron Rebitzke – Air Force
- Don Lamay – U S Navy
- Ed Denomie - Army
- Aurthur Winkel – Army
- Rod King – Air Force
- Richard Beck U S Navy



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Facebook: /WaltonwoodCarriagePark

COMMUNITY MANAGEMENT

- Tabitha Sheriff
Executive Director
- Terry Lobb
Business Office
- Josh Lampear
Culinary Services
- Jonathan VanWicklin
Environmental Services
- William Scott
Independent Living
- Erin McGraw
Fran Farrell
Life Enrichment
- Ashley Hall
Marketing
- Kenny McCormack
Move in Coordinator
- Wellness Coordinator
Tasha Clark
- Resident Care Manager
Amanda Stewart

- Barbara Reynolds 11/3
- Don LaMay 11/5
- Janette Kalal 11/6
- Winnie Keedy 11/6
- Beatrice Schiips 11/10
- Lucretia Van Cleve 11/14
- Sara Hlavin 11/23
- Frank learned 11/23
- Theodore Kramer 11/30
- Birthdays Social November 15th



COSTUME WINNERS
IDA
KATHLEEN
TED

Thank you to all who dressed!!



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

**UP CLOSE AND PERSONAL
WITH CULINARY MANAGER
JOSHUA LAMPEAR**



Growing up, I spent quality time with my grandma and dad in the kitchen learning how to cook and bake. Cooking has always been a hobby for me so I chose to turn my hobby into a life long career. I attended the Art Institute of Michigan in culinary arts and shortly after began to professionally cook for restaurants and senior living facility. In April 2023, I started working for Waltonwood at the Twelve Oaks location. Later, I became the Culinary Service Manager for our Royal Oak location in September 2024. Then a year later, I made my way to Carriage Park. When I am not working, I enjoy spending as much time with my beautiful wife, Jenna, who I have married to for 2 years and two crazy cats. I also enjoy going to church, bible study, youth ministry, water and winter skiing, golfing, bowling, lounging wherever there is water, and living life.



NOVEMBER 20th

Plan on joining us for our annual Family Thanksgiving Dinner buffett. We will have two dinner seatings 4:00pm and 5:15 Reserve your spot today at front desk.



Thursdays at 12:30 pm in our library
Many of you do not know that we have a yearly Christmas Choir! Shirley VanderWall has again agreed to come lead us in some great christmas carols. Every voice is welcomed. We will perform at our Christmas Social

FOREVER FIT/WELLNESS: COGNITIVE RESILIENCE

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.

NOVEMBER HAPPENINGS

**Bus loads 9:30 am for
12 Oaks Mall**

12 Enjoy a morning of shopping at 12 Oaks Mall in Novi. You will enjoy 3 hours at the mall. Drop off 10:00 am and a return ride home at 1:00 pm. They have plenty of shops and plenty of spots to get a bite to eat or just rest your feet.. Should be an enjoyable morning!



13 Massage Therapist Erin will be available in the morning for personal massage

18 **Detroit Parade Co.**
Bus loads 12:00

Discover Detroit's most enchanting hidden attraction. Venture into a magical Parade Land and experience a behind-the-scenes look at America's Thanksgiving Parade Cost: 10.00



21
November 21st Special Happy Hour with Amy Hubbe and her Comedy Club friends.



EXECUTIVE DIRECTOR CORNER

As we move into this season of gratitude, I want to take a moment to express my heartfelt appreciation for each of you who call our community home. Your warmth, kindness, and spirit make this such a special place to live and work. This month, we also pause to honor our veterans. To all who have served thank you for your courage, sacrifice, and dedication. Your service is deeply valued, and we are proud to have you as part of our community. As Thanksgiving approaches, it's a wonderful time to reflect on all that we're grateful for our health, our friendships, and the sense of belonging we share here. Please refer to the flyer for details about our upcoming Thanksgiving celebration we hope you and your loved ones can join us for this special event. ~Tabitha