



COOKING DEMONSTRATIONS

08 Elvis Favorite Peanut Butter & Banana Sandwiches 2pm

12 Rice Krispy Treat Snow People 2pm

19 MLK's Favorite Pecan Pie 2pm

26 Personal Pizzas 2pm

COMMUNITY COMMUNICATION



RESIDENT BIRTHDAYS

1/10-Happy 81st Birthday Cheryl

Caregiver Support Group 1/22 @ 1pm.

TWELVE OAKS CONNECT

JANUARY 2026



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

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Artie Romualdo
Environmental Services Manager

Independent Living Manager
Melisa Burnham

Alecia Greenberg
Life Enrichment Manager

Heather Laskos
Marketing Manager

Marketing Manager
Casey Hess

Resident Services Manager
Rob Davis

Wellness Coordinator
Tynesha Cobb

Wellness Coordinator
Priyanka Ghelani

Culinary Manager
Jacob Chamberlain



"January, the first month of the year, a perfect time to start all over again, changing energies, and deserting old moods, new beginnings, new attitudes."
Charmaine J. Forde

As some of you know, on 12/10/25, I became a first time Grammy to my beautiful granddaughters, Ivy and Lucy. My family starts off 2026 feeling so blessed and excited for the future!! I am always happy to show you a picture or two! Professionally, I am about to embark on my 7th year here!! Time has flown by and I am so grateful for all of the wonderful people that I have gotten to know, and how they have enriched my life and strengthened my belief in the importance of being an advocate for the families and wonderful people that have Alzheimer's and dementia

I am so fortunate to have Emily and Natalie to work with. Their amazing energy, love for our residents and fresh ideas, motivate me to be provide better programming for your loved ones. We realize that our group is everchanging and we must continue to change and grow. We will continue to do our larger group activities in the a.m. when everyone is more engaged. In the afternoon we'll run smaller group activities and rotate the residents in and out of the activity room. We found that this really helps us connect better and give extra help when needed. Please remember that we have a rhythm of the day, so at some points we have down time and then restart activities, this is so we do not overstimulate everyone. Sometimes we need to change our plan, because it isn't working that particular day. We have become masters of pivoting.

Our group is very interested in "Projects with a purpose" so please feel free to let us know any ideas you have. Thank you so much to Eileen's daughter, Janet for her great ideas to help beautify Maybury State Park. We look forward to more opportunities. Emily, Natalie and I wish you and your families, a happy, healthy and safe 2026.

\$3000 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!

ASSOCIATE SPOTLIGHT-TRENTON STOKES

Trenton Stokes is our kind and friendly, Memory Care Afternoon Server. He makes it a point to know what the residents' needs are and helps them. Trenton was born at Hutzel Hospital in Detroit. He moved around quite a bit in high school and went to Bishop Borgess, Lakeland and graduated from Walled Lake Western High School. Trenton went to Schoolcraft College for Culinary Arts and Business Management and then to MCTI for Retail Marketing. There are 5 kids in his family, 3 boys and 2 girls. His sisters live in Arizona.

Trenton has worked in senior communities for most of his life. He started out as a student server at Fox Run. When he was looking for a new job, he knew that Waltonwood would be a great opportunity for him. He has been working at WTO for almost a year.

Trenton enjoys driving around and seeing new places, and meeting new people. He enjoys time with his family. He especially loves to travel. He really loves going to Las Vegas. He has also been to Ohio, Orlando, Miami, Washington D.C. and Chicago. He really wants to go to New York someday.

We are so glad to have someone so caring to work with our Memory Care Residents and look forward to Trenton helping them for a long time.



TRANSPORTATION INFORMATION

*We are in the process of training a bus driver. Your patience is appreciated during this transition. We will be taking small groups out, weather permitting, in the Waltonwood Cadillac until she is fully trained.

- *Tuesday, January 6, Buddy's for Lunch at noon.
- *Tuesday, January 13, Snowy Drive & Donuts at 1:30 p.m.
- *Tuesday, January 20, Petland & Pretzels at 1:30 pm.
- *Tuesday, January 27, Tim Horton's and Scenic Drive at 1:30 pm.



DECEMBER HIGHLIGHTS



FOREVER FIT

Don't Go It Alone

When we think of exercise, we often think of stronger muscles and healthier bodies. While this is true, when regular exercise is combined in a social capacity the physical benefits may also extend to our cognitive functioning too. Recent data suggests that those who work out at least twice a week with a workout buddy, or in a small group, also lowered their risk of developing cognitive decline versus those who exercised alone. The data also shows that the social engagement boost motivation, improves accountability and creates a greater sense of belonging. So, when you're setting those New Year's resolutions remember a good workout with some great friends may be the best way to stay healthy for years to come.

JANUARY SPECIAL EVENTS

05 National Bird Day.

We have many residents that enjoy birds so this will be enjoyable. We'll start out with a game of "What bird is this?" and hopefully enjoys seeing birds in our courtyards. We'll finish the day with making bird feeders to share with others.

16 Dolly's Musical Jamboree.

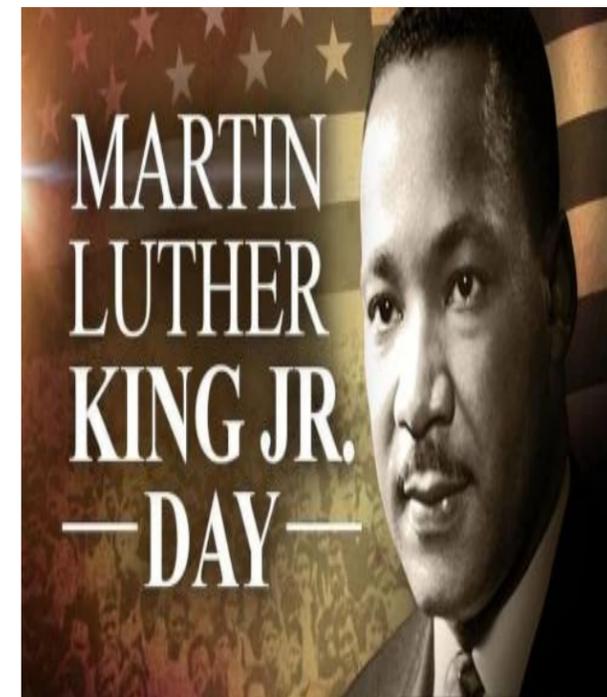
This will be the culmination of a day celebrating Dolly Parton and all that she does for the world. Her music, philanthropy, joy of reading and much more.

12 NEW! Resident of the Month.

You asked for it and we listened. Each month we'll be highlighting one of our residents. We will kick off with Melba. We'll read her bio to all the residents and will have it posted in the LE room for everyone to see.

19 Martin Luther King Jr. Day.

We will spend the day highlighting this remarkable man and all that he did for the civil rights movement and humanity. In the afternoon we'll enjoy one of his favorite dessert, pecan pie.



EXECUTIVE DIRECTOR CORNER-Joe Whitney

I would like to wish everyone a Happy New Year. I look forward to seeing you in 2026.