



## OUR "NOON YEARS" CELEBRATION

We rang in the New Year a little early with our Noon Year's Celebration! Residents enjoyed delicious food and raised a glass of champagne as we welcomed 2026 together in style. It was a joyful afternoon filled with smiles, laughter, and festive cheer.



Dolly's 80th birthday celebration was a huge hit, bringing everyone together for fantastic food, joyful moments, and plenty of fun.



## MAIN CONNECT

February 2026



### Monthly Reflection

January was a wonderful way to begin the new year, filled with meaningful moments and joyful celebrations. We rang in 2026 with our annual Noon-Year's-Eve party, welcoming fresh beginnings with music, laughter, and cheer. Residents also enjoyed a thoughtful outing to the American Revolution Exhibit at the Rochester Hills Public Library, where history came to life through engaging displays and shared discussion.

The month continued with exciting new traditions and heartfelt celebrations. We hosted our inaugural Men's Club gathering, and we encourage all interested gentlemen to join us for future meetings. Our annual Waltonwood to Dollywood celebration brought plenty of smiles as we raced our horses, sang along to Dolly favorites, and enjoyed delicious Dollywood-inspired treats and meals—and did you catch our special moment on Good Morning America? We also honored the legacy of Dr. Martin Luther King Jr. with a special gallery in our library, offering space for reflection and appreciation of his lasting impact. January truly set a joyful and inspiring tone for the year ahead.



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## COMMUNITY MANAGEMENT

**Jonathan Hills**  
Executive Director

**Michelle LaPrairie**  
Culinary Services Manager

**Derek Hill**  
Environmental Services Manager

**Alexandra Dalga**  
AL Life Enrichment Manager

**Kristin Newton**  
MC Life Enrichment Manager

**Nicole DeCarlo**  
Business Office Manager

**Kate McAuley**  
Marketing Manager

**Carolyn Martin**  
Marketing Manager

**Wendy Schneider**  
Resident Care Manager

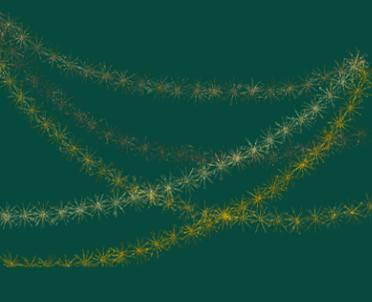
**Alicia Hardville**  
Wellness Coordinator, 1st Floor

**Megan Misch**  
Wellness Coordinator, 2nd Floor

## \$3,500 RESIDENTIAL 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!

FAMILY & FRIENDS REFERRAL PROGRAM!



# FOREVER FIT: MORNING MEDITATION

Strengths, weaknesses, abilities and limitations all act to shape our overall health and wellness. While previous experiences often influence our perception of how we “should” be when assessing our current state, don’t let them be the defining factor in your overall success. Having our focus on things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the moment.

## Employee of the Month



### Valerie Koysl, Concierge

- I started at Waltonwood as a Server in the Dining Room
- I am a retired elementary school teacher
- I have 3 granddaughters and 1 grandson, ages 15, 13, 12, and 10
- I love hiking vacations, trying new recipes, walking on the Paint Creek Trail every day, spending time with family, and chocolate!
- I became a dog lover at age 69 (Ask to see a picture of my babies!)

## January Highlights

1

Residents got creative while making 2026 vision boards, sharing hopes, goals, and inspirations for the year ahead.

7

We ended our winter scenic tour on a winning note at Home Bakery—posing for photos with a Detroit Lions–inspired cake and enjoying every moment!



15

We enjoyed an outing to the Rochester Public Library to explore the American Revolution exhibit, sparking conversation and learning along the way.

16

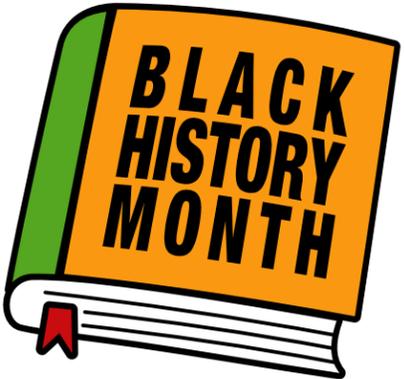
Residents participated in a tiny art activity, crafting miniature masterpieces full of creativity and color



## Honoring Black History Month

February is Black History Month, a time to honor and reflect on the rich history, culture, and contributions of Black Americans who have shaped our nation. From leaders and innovators to artists, educators, and everyday individuals, their stories are an essential part of our shared history. This month offers an opportunity to learn, listen, and celebrate achievements that have too often gone unrecognized.

Black History Month is important to our community because understanding the past helps us better appreciate the present and build a more inclusive future. By acknowledging these contributions, we show respect, foster connection, and deepen our understanding of one another. We invite residents to join us in honoring this month through reflection, conversation, and participation in upcoming programs designed to celebrate history, culture, and unity within our community.



## Upcoming Special Events

6

Join us as we kick off the Winter Olympics with themed games, fun challenges, and sweet treats inspired by countries around the world.

13

Celebrate love with us at our Valentine’s Day event, featuring a flower bar where you can create a beautiful bouquet for someone special—or yourself.

17

Laissez les bons temps rouler! Enjoy traditional Polish paczki and a festive Mardi Gras parade winding through the halls.

23

JoTravel back in time as our friends from Dinosaur Hill in Rochester visit to share fascinating facts and real fossil discoveries.

## EXECUTIVE DIRECTOR CORNER

February marks the month that is most associated with love! As we continue to make 2026 a better year than last, I think it’s important to spread the love to others to show how much we truly care about them! From a random phone call to a loved one or purchasing a bouquet of flowers for your significant other, make sure you show your love for the people close to you. How will you be spreading the love in February?

Jon Hills