

JANUARY HIGHLIGHTS

WALTONWOOD TO DOLLYWOOD



Celebrating...

- 2-1 John M
- 2-8 Joan B
- 2-9 Marilyn B
- 2-13 Pat H
- 2-17 Ann G
- 2-22 Bobbie L
- 2-23 Dominic B
- 2-24 Gail M

NATIONAL RUBBER DUCKY DAY



\$3,000 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!

TWELVE OAKS CONNECT

FEBRUARY 2026



SINGH

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FEBRUARY

February is the month we associate with "Love" for the obvious reason that this month includes Valentine's Day. But, this month is more than just the love of our sweet-heart. It is also the love of self-care, family, friends, pets and of new and old interests. So, in this action-packed month, I'm confident you will find something to love!

February is also **Black History Month**. We will have an array of Educational Programs to highlight the African Americans and their contributions to the United States. We also have 2 outings with Black History Month in mind. On February 4th we will enjoy a culinary feast at the *Joe Louis Southern Cooking Restaurant*. The second will be a visit to the *Underground Railroad Museum at the Historic Congregational Church of Detroit* on February 25th. Don't forget to sign up to reserve your seat.

On February 6th, our community will participate in the **National GO RED Campaign** to promote Heart Health. Richard Mabe will be here in the afternoon for a "Go Red Heart Health Talk". Then grab some *heart healthy snacks* from the island before you join in the *H-E-A-R-T* health bingo fun! Don't forget to show your support by wearing Red!

February 8th, is **Superbowl Sunday**. Come try your hand at the "football themed" games that are planned. Also, don't forget to support our *Alzheimer's Football Squares Fundraiser*. So even though the Lions didn't make it to the big dance, buy a square and you will still have a reason to cheer.

February is also **Random Acts of Kindness Month**, which gives us an opportunity to tally all the wonderful big & small gestures that our community does to brighten the lives of others. So, don't forget to toss a card into the collection vase when you brighten someone's day.

This month also includes 2 weeks of **WTO Winter Olympics games**. So, come participate or cheer on your favorite "athlete" as they compete for the gold in the many zany Olympic games planned. All are welcome to participate. No athleticism is required.

With so many opportunities, what's not to Love!

COMMUNITY MANAGEMENT

Joe Whitney
 Executive Director

Deanna Iovannisci
 Business Office Manager

Artie Romualdo
 Environmental Services Mgr

Jacob Chamberlain
 Culinary Services Manager

Melisa Burnham
 Independent Living Manager

Stefanie Roland-Jones
 Life Enrichment Manager

Heather Laskos
 Marketing Manager

Casey Hess
 Marketing Manager

Resident Care Manager

Tynesia Cobb
 Wellness Coordinator

Priyanka Ghelani
 Wellness Coordinator

ASSOCIATE SPOTLIGHT- TRENTON STOKES

Serena Legard is a warm and kind afternoon care giver and peer mentor. In August she will be working at WTO for 3 years. She came to work at Waltonwood, because her mom and good friend, Art worked here. Her sister Sammy joined the team soon after. Serena always knew that she wanted to help people and see the direct impact that it makes on those she assists. She quickly realized that she enjoys it much more than she ever expected and you can see it in the kind and caring way that she approaches our residents. She feels like the residents are a second family and loves interacting with them.



When Serena isn't at work she enjoys hanging out with her cats, Jasper and Ringo. She also spends times with all of her nieces and nephews, which are 16 and counting!!

We all look forward to having Serena's bright smile and caring ways warm the halls of WTO for many more years.

JANUARY HIGHLIGHTS

8

Chair Yoga is a hit! So, if you are looking for additional exercise to compliment our **Forever Fit** program please stop on in. Classes are held on Thursday afternoons.

15

Residents had a lovely time sharing at the **"Get to know your Neighbors – Show & Tell Luncheon"**.

16

A wonderful time was had by all as we celebrated **Dolly Parton's 80th Waltonwood to Dollywood Birthday**



FOREVER FIT – IN THE MOMENT

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.. 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.

TRANSPORTATION INFORMATION

Join us this month as we venture out to...

February 4 **Joe Louis Southern Kitchen Restaurant**

February 11 **Tipping Point Theatre – "Broke-ology"**

February 18 **Dine & Discover at the Costick Center: "Lost Restaurants of Detroit"**

February 25 **Underground Railroad Living Museum at the Historic First Congregational Church of Detroit.**

The bus is available for Transportation on **Thursday** for Doctor's Appointments.

FEBRUARY SPECIAL EVENTS

5-19

WTO Winter Olympics. Join us on the 5th for our *Opening Ceremony* which will reveal the country our "Athletes" will be representing.

17

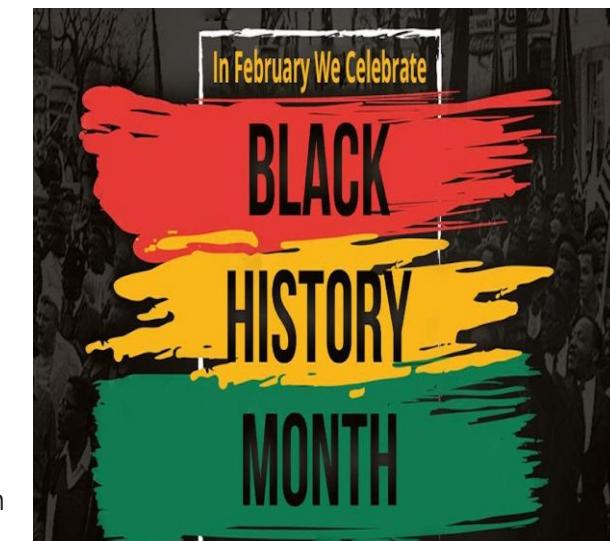
Happy **Fat Tuesday and Mardi Gras**. Save your diet for tomorrow because today we will be indulging in paczkis and king cake!

13

An afternoon of **Valentine's Day** programming to get us in the mood. Refer to the calendar for these tasty events.

26

Chinese New Year Celebrated. Try your hand at making a "spring roll" during our hands on demo. Or later, enjoy the festivities at our Chinese New Year BINGO party.



EXECUTIVE DIRECTOR CORNER – Joe Whitney

I just wanted to say thank you to all of our residents and families for their patience over the past few weeks. The weather has not been kind to Michigan with the amount of snow and freezing temperatures, but residents and families alike were understanding with some of the challenges the community has had due to the weather. I also wanted to remind everyone that we are going through the process of completing the Resident Satisfaction Surveys. The surveys were sent out the week of January 26th. It is really important that residents and families complete the surveys. We want to hear from everyone, so please take a few moments to complete the survey. As soon as we have results, we will be sharing them with everyone.