



COOKING DEMONSTRATIONS

06 GO RED Heart Healthy
Snack 2pm

09 Olympic Ring Fruit
Snacks 2pm

13 Cupid Floats for Valentine's
Day 2pm

23 Chinese New Year
Celebration 2pm

COMMUNITY COMMUNICATION



RESIDENT BIRTHDAYS

2/12-Happy
Birthday Judy

Caregiver Support
Group 2/19 @ 1pm.



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

TWELVE OAKS CONNECT

FEBRUARY 2026



"While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." Patience Strong

February is a very busy month, with so much to learn and celebrate. We will kick the month off with Groundhog Day, which will give us an idea if we will have 6 more weeks of Winter or not... GO RED for Women's Heart Health on Friday, 2/6. We encourage residents, associates and family members to "Wear Red" to support the need to improve women's heart health. All February is heart health month, so we will encourage healthy habits for everyone. All month long we will celebrate Black History Month. We'll learn and discuss the contributions of these amazing Americans. The world will be watching the Winter Olympic Games held in Milan and Cortina, Italy from 2/9-2/22. We'll have our own Olympic Games throughout this time. Next is Valentine's Day and Random Acts of Kindness Week where we'll celebrate and discuss love and all the kind things we do every day, we'll make dog treats and cards for Children's Hospital that week. We can't forget about Mardi Gras and will get a taste of the fun in New Orleans with jazz music, games with beads, making masks and of course, paczkis!! We also can't forget about celebrating Chinese New Year, which is the year of the horse. Hopefully Marjorie will teach us how to say Happy New Year and other words in Chinese.

Please make sure that you check out the Life Enrichment Room and take a look at "The Resident Spotlight", each month we will highlight a Resident of the Month. We had a lot fun celebrating Melba in January and in February Betty. I will be asking families to bring in a few older pictures of their resident and a family picture, as well as any fun facts you want us to know.

Please stay safe and warm.



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COMMUNITY MANAGEMENT

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Independent Living
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Alecia Greenberg
Life Enrichment Manager

Heather Laskos
Marketing Manager

Marketing Manager
Casey Hess

Resident Services Manager

Wellness Coordinator
Tynesha Cobb

Wellness Coordinator
Priyanka Ghelani

Culinary Manager
Jacob Chamberlain

ASSOCIATE SPOTLIGHT-SERENA LEGARD

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.



TRANSPORTATION INFORMATION

Weather permitting, we will be back on the road with our new bus driver, Yolanda at the helm.

- Tuesday, February 3, Paris Baguette at 1:30 pm.
- Tuesday, February 10, Lunch at Gatsby's at noon.
- Tuesday, February 17, Celebrating Mardi Gras in the Community.
- Tuesday, February 24, Tim Horton's and Scenic Drive at 1:30 pm.



JANUARY HIGHLIGHTS



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. 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.

FEBRUARY SPECIAL EVENTS

06 GO RED for Women's Heart Health. Today we all wear RED, as heart disease is the #1 killer of women. February is heart health awareness month, so we will have several speakers come to visit as well as our Fun & Fit w/ Katie and yoga w/Kimberly and healthy snacks.

16-20 Random Acts of Kindness Week. Let's celebrate the kind acts that we do daily, as well as some extra like make dog treats for our therapy dogs and cards for Children's Hospital.

09-22 Winter Olympic Games. Come march with us as we carry our torch to open up our MC Winter Olympic Games. We have many fun-filled activities as well as enjoying watching the exciting events unfold in Milan/Cortina Italy. GO USA!!

17 Mardi Gras. Come join our masquerade, as we wear the masks that we made and “Let the Good Times Roll”. We have a special bakery delight for Fat Tuesday, paczkis!! We will also play some games for beads like they do in New Orleans.



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.