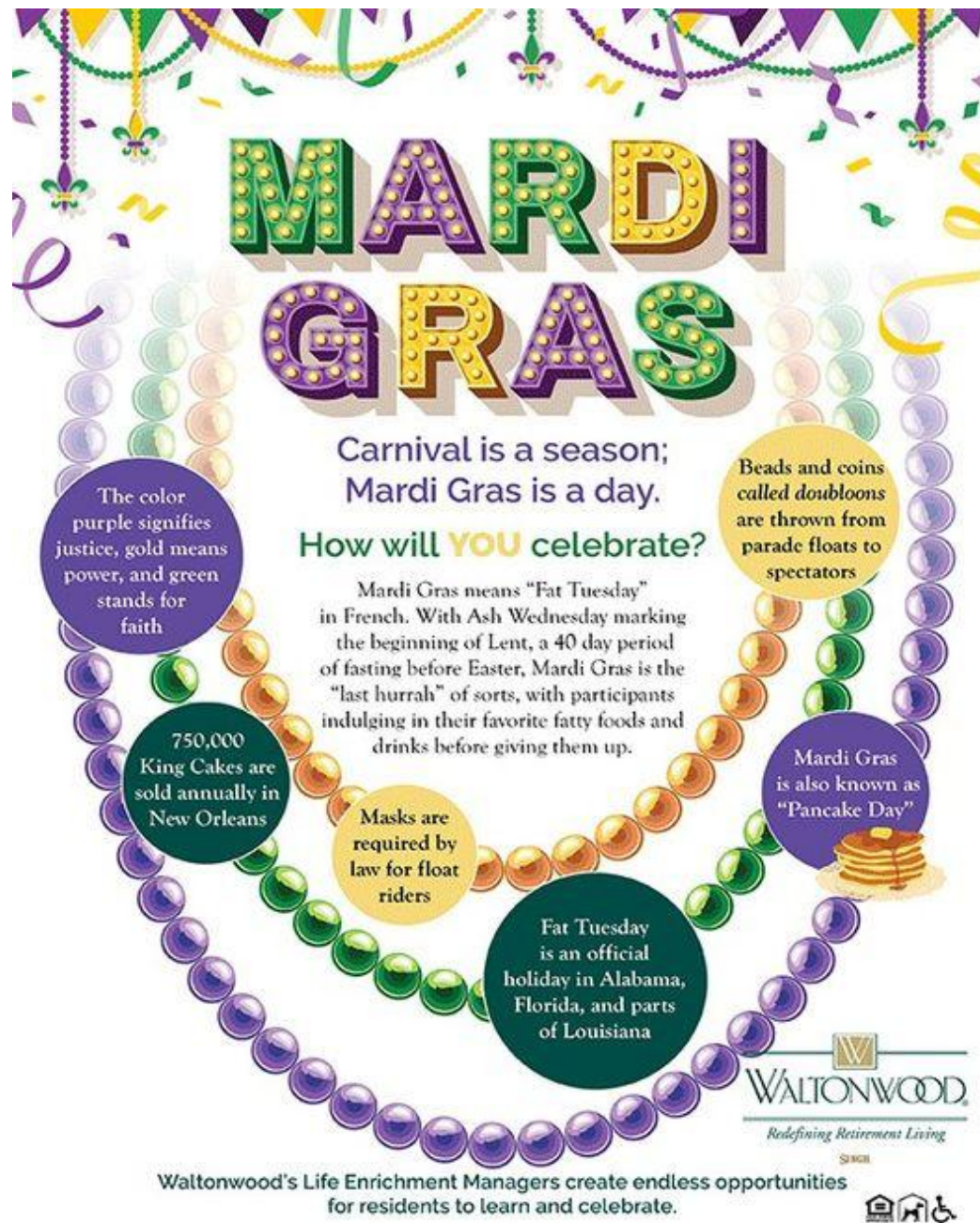




The Waltonwood Experience



February Birthdays Residents

- 2/10 Patricia Z.
- 2/19 Jack A.
- 2/27 Sharon S.

Associates

- 2/3 Stephanie B.

Welcome

- Johanne R.
- John J.
- Gary B.
- David T.



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

Royal Oak Connect

FEBRUARY 2026



A Frosty Winter Day

Super Bowl LX on February 8th features a rematch of Super Bowl XLIX as the New England Patriots face the Seattle Seahawks. The last time these two teams faced off the Patriots defeated the Seahawks 28-24. The Patriots improved from a 4-13 record in 2024 to a 14-3 record, advancing them to the Super Bowl. The Seahawks a returning to the big game after defeating the Los Angeles Rams in the NFC Championship with a 14-0-3 record.

Did you Know:

The Super Bowl Lombardi trophy is created by Tiffany & Co. and is worth over \$10,000.

The average ticket price to the big game can exceed \$5,000 and continue to rise to kickoff.

Approximately 72 footballs are used during the game.

A 30-second commercial for the Super Bowl costs 8-10 million.



3450 West 13 Mile Road, Royal Oak, MI 48073
www.waltonwood.com | 248-549-6400
Facebook: /WaltonwoodRoyalOak

COMMUNITY MANAGEMENT

Taylor Obomsawin
Executive Director

Vicki Shotwell
Business Office Manager

Donyel Snead
Life Enrichment Manager

Alisa Ricumstrict
Resident Care Manager

FaShunda Braswell
Wellness Coordinator

Marketing Manager
Celeste Roth

Keywanna Jones
Move-In Coordinator

Evan Elliott
Culinary Services Manager

Tashila Green
Dining Room Supervisor

Sharon Boucher
Dining Room Supervisor

Jorden Swan Environmental
Service Manager

Nicholle Williams
Housekeeping and Laundry
Supervisor

ASSOCIATE SPOTLIGHT

We are thrilled to announce Andrea as the Employee of the Month for her outstanding contributions at WRO! Since joining us in October 2025, she has become a beloved figure among residents, always bringing joy and genuine care to her role as Med-Tech. Andrea's favorite memory at Waltonwood comes when the residents say, "we're happy that you're here". Outside of work, she enjoys designing clothes and crafting, while spending quality time with her family. Motivated by the inspiring song "Never Would Have Made It" by Marvin Sapp. Andrea also has a sweet tooth for white chocolate and loves the movie Sparkle. We celebrate her as a shining light in our community—Congratulations, Andrea!



JANUARY HIGHLIGHTS

04

Live Music on Sunday
with Enoch and Family

14

Craft Class



19

Waltonwood to
Dollywood

19

Dolly Parton Look-A-
Like



TRANSPORTATION INFORMATION

The Waltonwood bus is available for reservations to go to medically necessary doctor's appointments & essential errands (grocery store, banks, salons)! Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm! Please make all bus reservations at the front desk. You can also speak to Mary Ann personally to set up your reservations.

Please see Donyel or Mary Ann for more information



FEBRUARY SPECIAL EVENTS

06

Go Red Day for the
American Heart
Association - 2:00PM
(wear red)

08

Super Bowl LIX Tailgate
Party 2:00 PM

12

Outing – Shopping at
Target

21

Mardi Gras Fun 2:30PM



Waltonwood to Dollywood

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. **By Chris Grabowski**

The Magic of Familiar Music

One thing that continues to break through barriers is music. A familiar rhythm, gentle harmony, or beloved song can reach parts of the mind and heart that remain intact, sparking a smile, easing anxiety, or opening a door to memories once thought lost. Music is such a powerful and meaningful tool, not just as entertainment, but as a source of comfort, connection, and emotional well-being. Match the music to the moment. Use calming, slow music for evenings to calm your brain as you prepare for bed. Use upbeat, rhythmic music for morning routines, light movement, or social engagement. Sing whenever possible. Singing well-known songs can help you feel grounded and joyful.