



RESIDENT BIRTHDAYS

Marlene W. 2/9

Anita P. 2/13

Joan T. 2/27

ASSOCIATE BIRTHDAYS

Jean B. 2/15



February is Heart Health Month

We have two special events this month to celebrate heart health. On Tuesday February 3rd at 10 am, Oakland Home Care will offer a heartfelt presentation on cardiovascular health in the activity room. Two dedicated clinicians will deliver a brief, yet impactful talk, complemented by an engaging chair exercise to inspire and promote healthy hearts! Then on Friday we celebrate, Go Red for Women! A campaign to education and advocate for women with heart disease. In support of this special day, please wear red and learn more about how to keep your heart healthy with helpful information provided by the Life Enrichment staff.



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 Celeste for details!

WALTONWOOD UNIVERSITY

FEBRUARY 2026

3250 Walton Boulevard, MI 48309
www.waltonwood.com | (248) 375-2500



Redefining Retirement Living

SINGH

YOU ARE INVITED TO A

MARDI GRAS Parade & Pazcki Party

Tuesday, February 17 at 11:30am

Our staff will be hosting a Mardi Gras Parade throughout the community! Please join the festivities by sitting in the common area or in the doorway of your apartment.

After lunch, join us in the Activity Room for Paczkis!

Get festive - wear your beads and purple, green, or gold!

COMMUNITY MANAGEMENT

Zachary Adamski
Executive Director

Tammy Collins
Business Office Manager

Carrie Roehm
Marketing Manager

Aaron Nash
Culinary Services Manager

Taylor Crowe
Environmental Services Manager

Brennen Bollinger
Independent Living Manager

Lauren Carbonara
IL Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Amber Williams
Resident Care Manager

Elijah Jones
Wellness Coordinator



Oakland University and Meadowbrook Events

Every Thursday afternoon after lunch, “Caring with Keys” is a program where Oakland University Student Volunteers come to play piano for our residents. We have also been invited to enjoy the Oakland University Symphony Orchestra on Sunday, February 15 at 3:00 (leave time 2:00) cost is \$20 charged to room. Please RSVP with Life Enrichment. And coming in April the play, “Come From Away” will be offered Wednesday, April 1st at 2:00 (leave time 1:00) at Meadowbrook cost is \$31 charged to room. Please RSVP with Life Enrichment by March 2.

JANUARY HIGHLIGHTS

12/31

New Year’s Eve

19

Waltonwood to Dollywood



Thursday

Oakland University Caring with Keys

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.

Transportation Reminders

Waltonwood University provides transportation to doctor and other necessary pre-scheduled appointments. Residents must schedule transportation at least one full week in advance to ensure availability. In order to accommodate other community outings, these appointments need to be scheduled on Mondays and Thursdays. All appointments must be within a 10-mile radius of the community. Exceptions to day and distance will be considered if driver is available and with approval of the Life Enrichment Manager. Please note, driver is responsible for transportation to and from appointments, as well as other occasional urgencies. Please do not assume he is available without a scheduled appointment. Transportation request forms can be found at the driver’s desk near the front concierge desk.

EVENTS TO ADD TO YOUR CALENDAR

6

Olympic Opening Ceremonies

8

Superbowl Tailgate

13

Galentine’s Happy Hour

16

President’s Day Documentary



Life Enrichment Manager Note:

I feel blessed to serve such kind and pleasant residents. I can image that needing assistance with your daily tasks can be a frustrating and difficult adjustment. What I appreciate about each of you, is that you help each other. You care about each other. You look out for each other.

In that spirit, the third week of February has been declared “Random Acts Of Kindness” week. All week our Life Enrichment staff will help to encourage residents and staff to perform small acts of kindness. Maybe a gentle smile, an encouraging note to a neighbor or an engaging conversation with someone you never met before. Performing these tasks help us continue to support each other and show that we care.

In addition, on Thursday, February 19th at 3pm, we will be holding our first meeting of our Waltonwood Assisted Living Kindness Council. This group will meet the 3rd Thursday of every month to discuss ways we can bring kindness and love to our community every day. If you are interested in joining the Kindness Council, please see Donna in Life Enrichment. Thanks!