

**February Recap**



**\$3,500 RESIDENT REFERRAL BONUS**  
Limited Time Only!

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!

**Celebrating**

- 3/3 Mary Helen K.
- 3/12 Nancy L.
- 3/19 Alice W.
- 3/22 Elaine K.
- 3/23 John V.
- 3/25 Aura May R.
- 3/28 Jadwiga H.
- 3/31 Jean W.

Wishing you all a wonderful birthday!!

FRIENDS & FAMILY REFERRAL PROGRAM

**Twelve Oaks Connect**

MARCH 2026

27475 Huron Circle, Novi, MI 48377  
www.waltonwood.com | 248-735-1500  
Facebook: /WaltonwoodTwelveOaks



**FALL PREVENTION & BALANCE TRAINING!**  
WITH OAKLAND HOME CARE

WATCH YOUR STEP! Learn Tips To Stay Steady & Prevent Falls!

BALANCE EXERCISES! STRENGTHEN MUSCLES! PRACTICE SAFELY!

REMOVE HAZARDS! WEAR SAFE SHOES! SAFE SHOES!

**STAY STEADY & SAFE!**

WHEN: Tuesday, March 3<sup>rd</sup> at 1:30pm  
WHERE: Singh College

- ✓ Reduce fall risks at your at home
- ✓ Improve balance exercises
- ✓ Strengthen muscles for better stability
- ✓ Practice safe habits
- ✓ Wear proper footwear

Learn Tips To Stay Steady & Prevent Falls!



**COMMUNITY MANAGEMENT**

- Joe Whitney**  
Executive Director
- Deanna Hite**  
Business Office Manager
- Jacob Chamberlain**  
Culinary Services Manager
- Heather Laskos**  
Marketing Manager
- Casey Hess**  
Marketing Manager
- Priyanka Ghelani**  
Wellness Coordinator
- Tynasha Cobb**  
Wellness Coordinator
- Basma Jirjis**  
Life Enrichment Manager (IL)
- Alecia Greenberg**  
Life Enrichment Manager (MC)
- Stefanie Jones**  
Life Enrichment Manager (AL)
- Melisa Burnham**  
Independent Living Manager
- Shay McClendon**  
Resident Care Manager

Yolanda Harris is our new bus driver, and we are so happy to welcome her to the Life Enrichment Team. Yolanda has always had passion for the elderly, but it was enforced when her grandmother was diagnosed with Alzheimer's Disease. Everyone in her family took part in taking care of their grandmother. Yolanda said that she learned a lot of patience. Unfortunately, it took a toll on her family, so she understands the importance of treating the residents like she would want her family to be treated. She enjoys taking them on their outings, putting smiles on their faces and making sure that they return safely.



Yolanda is married and has 2 sons and 5 grandchildren that are the joys of her life. She is very family oriented and has her mom living with her. When she has free-time she loves to be with her grandkids, they make her smile.

We look forward to many wonderful outings with Yolanda at the wheel.

Please keep in mind that all scheduled activities are subject to change depending on the current situation. Things may be added or removed. Please look for updates on the screen and on the white board by the dining room.



Outings signup sheets are located in the binder in the library, they go out on the first of every month.

Last minute outings often occur, keep an eye out on the white board by the dining room for updated daily information & always check the outing book for a new outing that was not added to the calendar

**We have transportation for medical appointments on Thursdays only!**

Requests are required at least 2 weeks in advance and are scheduled based on availability. Please keep in mind that we may be up to 15 minutes early or late depending on traffic and other resident appointments.

**Make sure to give you request sheets to Yolanda!**

**FEBRUARY HIGHLIGHTS**

**06** Go Red

Everyone supported women heart health with a walking challenge throughout the week

**13** High Tea & The Whitney

Afternoon Tea at the Whitney-Detroit!



**17** Mardi Gras

What a fantastic MG evening everyone had! From the flavorful themed dinner to the lively performance!

**20** Museum of Illusions

Residents enjoyed exploring the interactive exhibits, sharing laughs & capturing fun photos!



**MARCH SPECIAL EVENTS**

**06** Read Across America Day

Reading for 1<sup>st</sup> grader at Mary-Helen Guest Elementary School!

**10** National Blueberry Popover Day

Blueberry Popover Demo by our Pastry Chef Ian

**20** Horrocks Farm Market

Produce & Other Goodies from all Around the World!

**26** Taste of Waltonwood

Annual Taste of Waltonwood Open House



**EXECUTIVE DIRECTOR CORNER**

I just wanted to thank everyone who completed the recent Resident Satisfaction Surveys. We will be getting the results soon and I will be sharing with everyone those areas which we scored well and those areas which we need improvement. The Resident Satisfaction Surveys are an important part of what shaped WTO in the year to come, as we want to hear from our residents and families. Not everything that was mentioned in the surveys are we going to be able to address but we look for the trends among all of the surveys responses and focus our efforts in those areas. As soon as I get the results I will be sharing these with everyone.

**FOREVER FIT/WELLNESS**

**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.