



## COOKING DEMONSTRATIONS

**02** Easter Bunny Cars 2pm

**06** Passover Sedar 2pm

**13** Spring Treat 2pm

**20** Earth Day Dirt Dessert 2pm

## COMMUNITY EVENTS



## RESIDENT BIRTHDAYS

NO April Birthdays

Caregiver Support Group 4/16 @ 1pm.

# TWELVE OAKS CONNECT

APRIL 2026



Redefining Retirement Living

SINGH

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## COMMUNITY MANAGEMENT

Joe Whitney  
Executive Director

Deanna Hite  
Business Office Manager

Artie Romualdo  
Environmental Services Manager

Independent Living Manager

Alecia Greenberg  
Life Enrichment Manager

Heather Laskos  
Marketing Manager

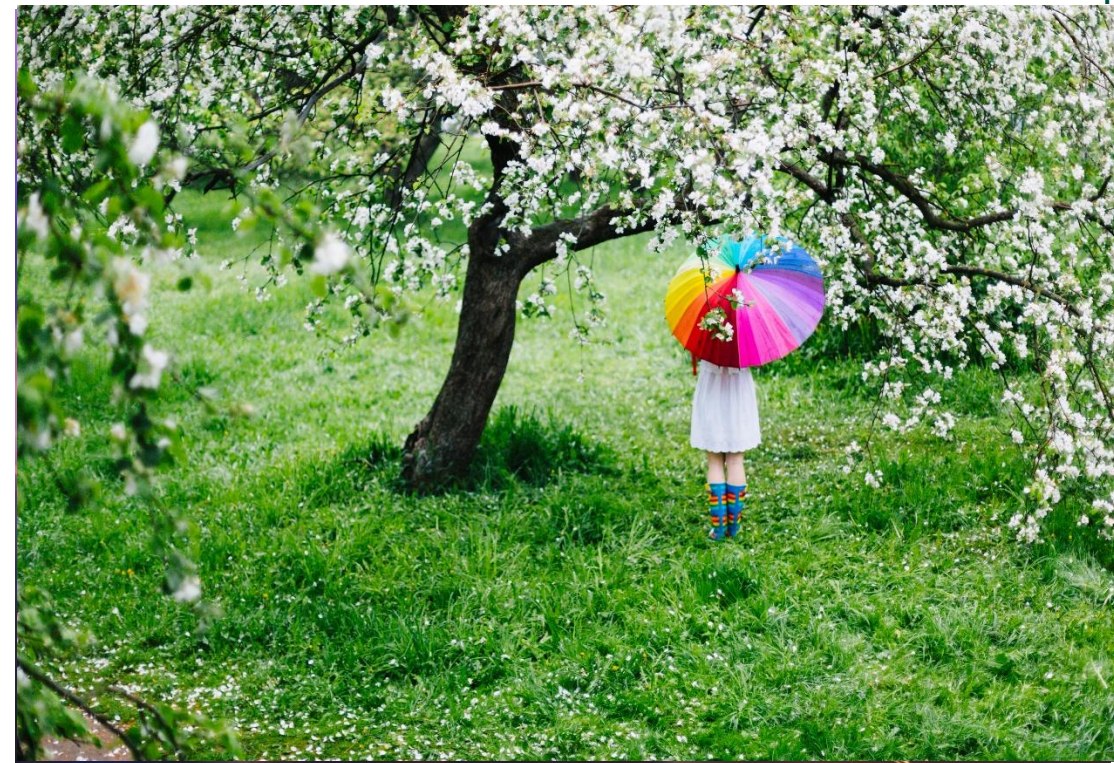
Marketing Manager  
Casey Hess

Resident Services Manager  
Shay McClendon

Wellness Coordinator  
Tynasha Cobb

Wellness Coordinator  
Priyanka Ghelani

Culinary Manager  
Jacob Chamberlain



*"April is the promise that May is bound to keep." Hal Borland*

In April we celebrate Easter, Passover, Earth Day and Arbor Day. Also, in April we celebrate **Volunteer Appreciation Month**. We are so fortunate to have so many wonderful volunteers that I felt it was important to acknowledge them. The residents will also be making cards and picking out a special gift for each of them.

Erin-Piano & Sing-Alongs

Lily-Piano

**Spoorthi & Pravinya**- Our Novi High School Volunteers that help us with art and anything else that's needed.

**Michelle & Tino**-Pet Therapy

**Milo & McDuff & Friends** -Pet Therapy

**DR. Sue**-Piano & Sing-Alongs

**Marianne & Rosemary**-Catholic Eucharistic Ministers

**Leah & Her Schoolchildren**-Jewish Holidays

**Deacon Pete & Friends**-Communion

We are looking forward to getting back outside whenever possible and enjoying our courtyard. Let's hope that April showers bring May flowers.

## \$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

## ASSOCIATE SPOTLIGHT-SHAY MCCLENDON

Shay McClendon is our new Resident Care Manager. She joined our team on 2/9/26. Shay knew she wanted to work at WTO since she moved back to Michigan in 2022 and worked with agency at Waltonwood Main. She is very excited and happy to be here and will choose gratitude and joy when she shows up every day! Shay remembers wanting to be a nurse since she was young. After high school she went to work and got caught up in the corporate world. When her twin daughters were born, she was inspired to get back into nursing school. She became an LPN in June 2020 during the height of the pandemic, at the time she lived in Austin, Texas. She didn't shy away from being a care worker and worked in many different positions in order to gain a solid nursing foundation. Shay is currently working on her BSN Degree and then plans to get her Masters. Her ultimate goal is to work with women who are dealing with trauma and mental health issues. She wants to help these women heal.

Shay's is of Jamaican descent. Her dad's side of the family is a very prominent family in Jamaica. The House where the Parliament meets is named the Gordon House after her family. Her family is honored in the Jamaican National Hero's Museum.

Shay is a grateful and in love mom of 10-year-old twin girls named Harmony and Taya, which means "beautiful blending of parts perfectly formed." Shay grew up on stage and loves singing and dancing. She also enjoys working out, arts and crafts, Legos and roller and ice skating. She loves pizza!!



## TRANSPORTATION INFORMATION

Please join us for some wonderful Spring Outings.

- Tuesday, April 7, Reading at the Novi Early Childhood Educational Center at 2:30 pm.
- Tuesday, April 14, Farmer John's Greenhouse-Gifts for Volunteers @1:30pm.
- Tuesday, April 21, Lunch at The Grand Diner @ noon.
- Tuesday, April 28, Sign of Spring Scenic Drive at 1:30 pm.



## MARCH HIGHLIGHTS



## FOREVER FIT

### Fit & Flexible

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

## APRIL SPECIAL EVENTS

### 03 Tigers Home Opener & Easter Egg Hunt.

It'll be a busy afternoon as we root for the Tigers and find the hidden Easter Eggs around our community.

### 13-17 Celebrating Our Volunteers this Week.

We are so blessed to have such amazing volunteers. Thank you to Spoorthi and Pravinya, our high school volunteers; Michelle and Tino for Pet Therapy; Erin & Lily, who play the piano for us THANK YOU!

### 06 Passover Sedar.

Join us as we read the story of Passover and learn about the unleavened foods that are eaten and the symbolism of the Sedar plate. Let's discuss that the Last Supper was a Sedar.

**22 Earth Day.** Let's celebrate our beautiful Earth and talk about ways to keep it healthy. We'll start off with a yoga practice, then make some upcycled art. We'll enjoy some Dirt Dessert and give out seeds to our associates to plant and start a garden.



## EXECUTIVE DIRECTOR CORNER-Joe Whitney

April showers bring May flowers.....well with the changing climate I do not know if this is still true, but what is true is the start of the baseball season. April 3<sup>rd</sup> is the "home" opener for the Tigers, who by all accounts should have a good team this year. Whether you are a baseball fan or not, baseball is still America's past time and I always grew up during summers listening to Ernie Harwell and following the Tigers. So let's get ready for a long and hopefully successful baseball season and GO TIGERS!!!