



The Waltonwood Experience



Our resident Geraldine or as we all call her Gerry recently enjoyed an Adventure by Waltonwood to view the Meadow Brook Hall gardens. Gerry developed a passion for flowers and planting at an early age. This love for flowers followed her throughout her life where she enjoyed planting flowers and growing plants with her husband Ed at their Southfield home. Here at Waltonwood Gerry is a member of our Waltonwood garden club where she helps to take care of our raised beds. For Gerry's Adventure she decided to invite her former neighbors Jeff and Tina along with Waltonwood Royal Oak's ESM Jorden - all of whom share her passion for gardening and flowers. Upon arrival to the Meadow Brook visitor center, we were greeted by our tour guide and garden club volunteer, Sandy. She led us through at least seven different gardens on the Meadow Brook Hall property, sharing the history of the garden as well as future plans. She also introduced us to many unique flower varieties we had never seen before. Afterward, we visited the gift shop, where Gerry received a lovely souvenir to commemorate the day. We concluded our outing with a lunch at the Grand Tavern in Troy. Gerry was very thankful and delighted by the entire experience.

September Birthdays

Residents

- Gary B. 9/4
- Judy C. 9/7
- Patti L. 9/10
- Gladys T. 9/18
- Mary Lou C. 9/20
- Betty R. 9/24
- Gray C. 9/29

Associates

- Kathleen C. 9/16
- Kennasia B. 9/30

New Residents

- Shirley H.
- Robert B.
- Eileen R.



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

SEPTEMBER 2026



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Facebook: /WaltonwoodRoyalOak



National Assisted Living Week 2026

Get ready for an upbeat celebration as National Assisted Living Week kicks off from September 13-18! Established by the National Center for Assisted Living, this special week honors the incredible contributions of assisted living communities across America.

National Assisted Living Week theme is "Shining Through the Years," in honor of the lives and stories of residents, as well as the important role of caregivers and staff in helping them continue to shine.

We have a fantastic week of festivities planned and we encourage everyone to join in the fun. Dust off your favorite old outfits from years past for Decades Day on September 16th and show your hometown team spirit by wearing your favorite Detroit or college sports team shirt on September 17th.

Most importantly, don't forget to extend a heartfelt thank you to our exceptional staff. From our maintenance crew, activities team, and culinary staff to our caregivers, med techs, housekeepers, concierge team and the administrative team. The tireless work and compassion of our staff ensures our community runs smoothly and remains a wonderful place to call home so that the residents at Waltonwood Royal Oak will continue Shining through the years.

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

Celeste Roth
Marketing Manager

Evan Elliott
Culinary Services Manager

Tamia Davis
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 that Thedosha is in the spotlight for the month of September. Thedosha has truly excelled at helping the post move-in procedures run smoothly. Her passion for her role as Concierge is evident everyday as we see her building meaningful connections with the residents and their families. When asked about her favorite memory at Waltonwood, Thedosha shared a story about working Camp Waltonwood. She loved having her grandsons join her as volunteers, where they proudly told everyone, they were “working with Nana!” Thedosha’s favorite movie is Jaws, her favorite sweet treat is sweet tarts candies, she only drinks ice cold Pepsi, and the song that gets her motivated and pumped up is, I’m Every Woman by Chaka Khan. Please join us in Congratulating Thedosha!!



Congratulations on your Retirement

As Bashkim prepares to embark on this new chapter of well-deserved rest and relaxation, we want to express our deepest gratitude for his years of service. He has left an indelible mark on Waltonwood Royal Oak, and while we are sad to see him go, we are incredibly happy for him as he moves forward into his retirement. Thank you for keeping our building running and our hearts full.



AUGUST HIGHLIGHTS

06

Botanical Fashion Show

07

K9 Star Production
Dog Show



12

Dream Cruise Dinner
Party 2026

27

Yoga in the Park with
Katie



SEPTEMBER SPECIAL EVENTS

11

Outing – Fishing Trip
10:00am

15

Outing – Senior Expo
10:00am

23

Live Music with James
Duprey 3:30PM

27

Annual Alzheimer’s
Walk – Wear Purple to
Show Your Support



Meet Shawn M., Waltonwood
Royal Oak’s new
Maintenance Technician

FOCUS ON FITNESS: Strength and Balance

September in Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success. **By Chris Grabowski**

Fun Facts about September:

September got its name from the Latin word septem, meaning “seven,” because it was the seventh month in the old Roman calendar. Around 46 BC, Julius Caesar reformed the calendar and made September the ninth month. The Anglo-Saxons called it the gerst monath, meaning “barley month,” because it was the month, they harvested their barley crops. September originally had 29 days, but it gained a day under the Julian reform and has since had 30 days. The flower of the month is the aster, which usually blooms in late summer and fall and comes in many vibrant colors, including blue, purple, pink, yellow, and red, all with yellow or black centers. Aster flowers are associated with the goddess Venus and symbolize love, intelligence, and patience. The deep blue sapphire is the birthstone for September. Sapphires come in many colors, but the finest sapphire color is a rich, velvety blue. The gem symbolizes truth, protection, wisdom, nobility, and sincerity. September is often called the month of fire because the trees look ablaze when the green leaves turn bright reds, oranges, and yellows.