

RESIDENT BIRTHDAYS

Marie 9/16

Our September Caregiver Support Group will be on Thursday 9/17 at 1pm upstairs in the Hobby Room of AL.

COOKING DEMONSTRATIONS

13 **Grandparents Day Surprise 2pm**

14 **Sundaes and Celebration 2pm**

24 **Oktoberfest with Daniel Bryson**

28 **Apples & Caramel 2pm**

COMMUNITY COMMUNICATION

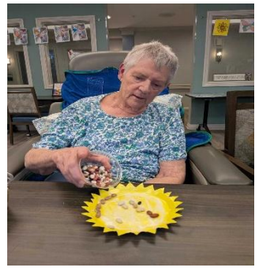




















FRIENDS & FAMILY REFERRAL PROGRAM!

$3500 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!

TWELVE OAKS CONNECT

SEPTEMBER 2026



"Autumn is the second summer when every leaf is a flower." Albert Camus

How can it already be September? What a busy, exciting and beautiful Summer we've had! We enjoyed our patio with all its visitors, hummingbirds, birds and all sorts of insects. Our tomatoes produced a bumper crop this year, as well as our Lavendar and strawberries!! We enjoyed all of the sensory experiences from our herb garden. We visited Kensington and went on the Island Queen; we visited many different ice cream shops and parks. Due to the weather, we rescheduled our trip to Belle Isle for this month and we will enjoy a picnic and trip to the nature Center. We will happily embrace Fall and hope for more warm and sunny afternoons on our patio. Our art and cooking will focus on apples and Fall, as well as some of our outings.

Monday, September 21 is World Alzheimer's Day. Please consider making a donation to help fund research or maybe attend the Walk to End Alzheimer's at the Detroit Zoo on Sunday, 9/27/26.

I look forward to being back with my strong, new left knee on 9/14/26 if all goes well. I will be on light duty for several weeks, but will be out and about. Thanks for all of your support for Emily and I.

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Marketing Manager
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Resident Services Manager
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Wellness Coordinator
Tyleshia Jones

Wellness Coordinator
Priyanka Ghelani

Culinary Manager
Jacob Chamberlain

Avion Kelly has worked at WTO for 2 years. She is a Med Tech/caregiver and a peer mentor. Avion has been instrumental in getting our care team excited about engaging with the MC residents. She had a great idea to have a MC Fun Day, which was a morning of fun, food and engagement for the residents of MC. There was facepainting, fishing, painting, bubbles to name a few of the activities. There was wonderful participation from many members of the MC community, caregivers and family members. A resident that never participates came out and had a wonderful time!!

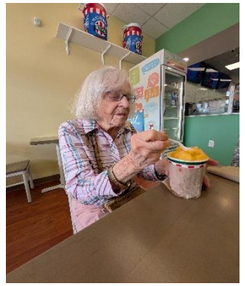
Avion grew up in Detroit, but spent most of her summers with her grandfather in Mobile, Alabama. She is the middle child of 8 siblings. Avion became inspired to work with the elderly when her grandfather came to live with her family while on hospice and they took care of him.

She wants to be a nurse/detective and is inspired by true crime shows. During her free-time Avion likes to go to the gym and exercise, go for nature walks, she also really enjoys yoga and Pilates. She loves journaling by the water.

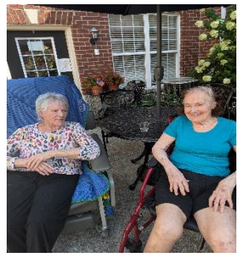
We look forward to following Avion's career path for many years and know that she will continue to inspire others and do great things.



AUGUST HIGHLIGHTS







FOREVER FIT

Strength & 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.

TRANSPORTATION INFORMATION

Come join us for our enriching outings.

- Tuesday, September 1, Dairy Queen & People Watching at 1:30 pm.
- Tuesday, September 8, Silver Dairy & Drive at 1:30pm
- Tuesday September 15, Lunch Outing to The Grand Diner at Noon.
- Tuesday, September 23, Northville Cider Mill at 1:30pm
- Tuesday, September 29, Belle Isle for a Picnic & Nature Center at 10:30 a.m.





SEPTEMBER SPECIAL EVENTS

07 Labor Day.
Please join us as we talk about the history of Labor Day, and its importance. We'll play some fun trivia games about jobs and discuss what everyone did for a living. The residents will also enjoy a special red, white & blue treat.

21 World Alzheimer's Day. The residents will be hard at work making a purple ribbon chain to raise the need for Alzheimer's Research and Awareness.

14-18 National Assisted Living Week. During this week we celebrate all that make our community such a wonderful place to live and work. Everyday will be filled with activities, fun and food!!

25 A Sweet Year.
Today will learn about the important Jewish holidays of Rosh Hashanah and Yom Kippur and eat apples & honey for a sweet year.



EXECUTIVE DIRECTOR CORNER-Joe Whitney

Fall is quickly approaching in Michigan. Fall is one of the best times of the year in Michigan as it brings kids back to school, many of the professional, college and high school sports team start their seasons, the warm days and cool nights, trips to the Cider Mill, along with the changing colors of the trees make Fall in Michigan a special time of year. We will have many "Fall" related events on the upcoming Life Enrichment calendar for our residents to take advantage of for this time of year. We will also be planning a few "Family Night" events during the Fall season so stay tuned for those events. We encourage ALL of our residents to get involved.