

The Graceful Connection

SEPTEMBER 2023



Latest News from the Gem at Town Village Sterling Heights Newsletter

Welcome September,

I hope you're enjoying the final days of summer and getting ready to join me in welcoming in the fall. Mark your calendars for September 30th as we host our annual Carnival outdoors. There will be fun, food, entertainment, games and even a petting zoo with pony rides. We know the Gem residents will love this community-wide event. Don't forget to bring the grandkids!

Speaking of the grandkids, September signifies "back to school" which reminds me that we're back to cold and flu season (and that "C" word). You'll be receiving information soon about our vaccination clinics. This is also a great time to remind you that if you are not feeling well, please refrain from visiting. It is all of our jobs to keep our residents safe and happy.

Thank you for allowing us to serve your family. We are blessed to do so!
Sheri Sepanak
Executive Director



BIRTHDAYS

Laura B. - 3rd



E V E N T S

Thursday, September 7th. 2:00pm

Heritage Gardens Outing

Join us as we venture to one of our most gorgeous flower gardens in our local community. We will take in all the natural beauty with the pond backdrop in Shelby Township. Join us for this last full burst of summer!

Friday, September 22nd.

First Day of Fall!

Fall is apple season, what is more fall than homemade apple pie! We will be having a cooking demo at 2pm to demonstrate how to make the best Hot Apple Pie.

Saturday, September 30th.

Fall Family Carnival

Town Village Sterling Heights is celebrating the fall season with our annual fall carnival! Please join us in the front yard of the main building for music, treats, and a petting zoo including pony rides for the kids! Lot's of fun for the whole family!

N E W S

September is set up to be a fun and exciting month! Our big focus this month is National Assisted Living Week, kicking off on September 10th, which is also Grandparent's Day! The theme for the week this year is Season of Reflection, so each day will have different themed seasonal programs. Keep an eye out for all of the amazing things planned in your community for this wonderful week celebrating you and the associates who serve you!

September also celebrates Intergenerational Month - which is all about finding common ground with people of different ages. Did you know that ageism is a double-edged prejudice? It can impact people both old and young adversely - so let's make a commitment this month to set aside stereotypes about being 'too young' or 'too old' and reach across the generational divide to connect with someone of a different generation. Or, be a rebel and embrace learning or doing something typically considered 'age-inappropriate' to prove ageists wrong!

NEW RESIDENTS

Barbara D.





TOWN VILLAGE
STERLING HEIGHTS
A GRACE MGMT COMMUNITY



**By all these lovely tokens, September days are here. With
summer's best of weather, autumn's best of cheer.**

-Helen Hunt Jackson

MEET OUR TEAM

Sheri Sepanak - Executive Director
Christie Lassen- Wellness Director
Trisha Ginn- Village Program Life Enrichment Manager
Paris Gentry- Business Office Manager
Stacy Jefferies- Dining Services Director
Jason Barbua- Maintenance Director
Julie Nobles- Sales Director

The Town Village Sterling Heights

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