



A Little Laughter

Life is stressful and while we can't always choose or control the stressors themselves we can control the way in which we handle them. Choosing poor outlets or ignoring the stress entirely and allowing the allostatic load to build can greatly increase the risk of serious health problems in the future. The good news is that there is one simple thing you can do that will not only help to reduce stress but also improve your mood as well. Laugh! April is National Humor Month and what better time to laugh a little and help your overall well being a lot. A daily dose of laughter has been proven to promote relaxation, increase social interaction, improve the immune system and decrease the potential of heart disease by nearly 40% (vs. those who didn't use humor to relieve stress). So this April try adding a little more humor to your daily routine. Pick up the comic section or watch a funny movie, read a few jokes or just spend more time around funny people. All these subtle changes can pay off big in the end because as Mary Pettibone Poole so wisely said, " He who laughs...last!"



Welcome our new Wellness Nurse Naomi Spears is our new Wellness Nurse. She has been a LPN for 5 years and in the health care industry for over 10 years. Before this role she was a clinical coordinator for an assisted living/memory care community. Naomi received her nursing diploma from Everest Institute in Southfield, MI. Naomi is originally from Marion, IN but has lived in Farmington Hills for the past 12 years. In her spare time she enjoys reading, cheering her son on in the many sporting activities he participates in and traveling with her family.

Stop by Assisted Living and say "Hi" to Naomi.

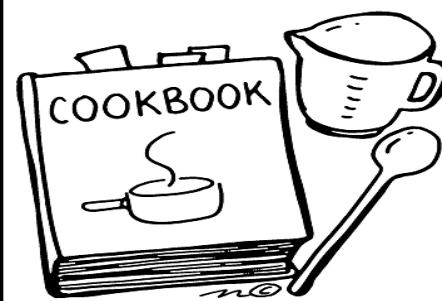


Welcome Our New Marketing Manager

Staci studied at Eastern Michigan University where she majored in Marketing Administration. Having started her career in Healthcare Marketing in 2011, she carries a compassionate knowledge for what patients and loved ones need from their available care options. Her skills were further developed when she began freelancing her Sales capabilities through team consultations with Healthcare providers throughout the Southeast Michigan area. Joining us from Charleston, South Carolina she brings experience and knowledge in both Healthcare Sales and Marketing.

When Staci isn't working hard to build a clients online vision, she enjoys spending time with family (especially her nephew who she outwardly adores). As an avid pet lover, she also gives as much time as possible to local Humane Societies.

Stop by Independent Living and say "Hi" to Staci.



We would like to make a Waltonwood Cookbook and we need your help. We are looking for all your favorite recipes. Please submit them of the Receptionist or Activity Managers. We will collect them from now until the end of May at which time we will create this keepsake book. Please include all instructions and measurements along with your name and room number. We welcome your families to submit also but include name of resident too so we all know who's recipe is who's.

"Strawberry Sweet Rolls"

From the Kitchen of: *Assisted Living, enjoyed at the Tea & Talk activity*

Ingredients:

1 tube crescent rolls
1c strawberry preserves
½ cup chopped strawberries
1 tbsp. melted butter
Sugar for sprinkling

For the Glaze:

4 oz cream cheese, softened
4 tbsp butter, softened
1 cup powdered sugar
1 tbsp milk
1 tsp vanilla extract
1 tsp lemon zest

Directions:

1. Preheat oven to 375 and grease an 8" x 8" baking pan with cooking spray.
2. On a lightly floured surface, unroll dough and separate the sheet into 4 rectangles. Pinch the perforations to seal. Spread strawberry preserves onto each rectangle, then top with chopped strawberries. Starting with one short side, roll up each rectangle and pinch edges to seal. Cut each roll into 4 to 5 slices. Place side by side, cut side up in prepared pan.
3. Brush tops with melted butter and sprinkle with sugar. Bake until golden, about 15 minutes.
4. To make glaze: In a medium bowl using a hand mixer, beat cream cheese, butter and powdered sugar until well combined. Add milk, vanilla and lemon zest and mix until smooth.
5. Drizzle baked rolls with cream cheese glaze. Serve warm or room temp.

Special thanks to the "Delish" website for this yummy recipe



On Easter morning, the farmer and his wife gathered some eggs, colored them, and hid them in the farmyard. A little while later the rooster found some of them. Not knowing anything about Easter, he beat up the peacock.

AT YOUR SERVICE

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Thoughts from the Executive Director

We have had many changes happening in the community over the last month. Mary, the Assisted Living Life Enrichment Manager left Waltonwood for a new adventure in California. This created an opportunity for Stefanie Roland the Life Enrichment Manager in Independent Living to transition to Assisted Living. This enabled Monique Furniss who you know as the IL Receptionist and also as the Move in Coordinator to be promoted to the Life Enrichment Manager in Independent Living. This also opened up the Move In Coordinator position and we welcomed back long time employee, Deidre Kubic. Everyone is getting settled in their new roles and we're excited for the positive impact this will have on the community. We have also chosen a date for our Mother's Day brunch! Save the date for May 6th and look for your invite to be in the mail soon!



Marthalee V. 04/03
Charles A. 04/04
Julia C. 04/05
Mary W. 04/07
Antonetta W. 04/10
Joan A. 04/09
Gustave D. 04/13
Gloria S. 04/14
Pat D. 04/15
Kay W. 04/17
Michilena G. 04/17
Connie C. 04/18
Sonya K. 04/19

Margaret F. 04/23
Doris S. 04/24
Joanne D. 04/26
Marla L. 04/27
Jeanette A. 04/27
Jean M. 04/27

April 2018



Our Waltonwood family would like to
Welcome you to your new home:

Mary Jo E.
Harold E.
Jack B.
Mary Lou R.
Robert R.

Independent Living, Licensed Assisted
Living & Memory Care
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