



Resident Birthdays:

- ♦ October 7th - Dianne S.
- ♦ October 16th –Denise R.
- ♦ October 20th - Virginia B.
- ♦ October 22nd - Alice B.
- ♦ October 27th - Genevieve P.
- ♦ October 28th - Eleanor B

♦ **Associate Birthdays:**

- ♦ October 4th - Michele W.
- ♦ October 13th - Letitia N.
- ♦ October 13th - Timaiya R.
- ♦ October 16th - Tori M.
- ♦ October 20th - Geri Y.
- ♦ October 25th - Tiara S.
- ♦ October 31st - Priscilla S.

October, 2018
Upcoming Exciting Events:

Friendly reminder: If you would like to go on an outing, please be sure to sign up in the Assisted Living Post Office in the Outing Binder on the table to the right. Thank you!

*Independent Living,
Licensed Assisted Living
& Memory Care*
42600 Cherry Hill Rd.
Canton, MI 48187



What's Cooking?
Pumpkin Muffins with Cinnamon
Cream Cheese Frosting



- 1 (8 ounce) package cream cheese
- 1 egg
- 1teaspoon vanilla extract
- 3 tablespoons brown sugar
- 4 ½ tablespoons all – purpose flour
- 5 tablespoons white sugar
- ¾ teaspoon ground cinnamon
- 3 tablespoons butter
- 3 tablespoons chopped pecans
- 2 ½ cups all – purpose flour
- 2 cups white sugar
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- 2 eggs
- 1 ½ cups canned pumpkin
- 1/3 cup olive oil
- 2 teaspoons vanilla extract

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Grease and flour 18 muffin cups, or use paper liners.
2. To make the filling: In a medium bowl, beat cream cheese until soft. Add egg, vanilla and brown sugar. Beat until smooth, then set aside.
3. For the streusel topping: In a medium bowl, mix flour, sugar, cinnamon and pecans. Add butter and cut it in with a fork until crumbly. Set aside.
4. For the muffin batter: In a large bowl, sift together flour, sugar, baking powder, cinnamon and salt. Make a well in the center of flour mixture and add eggs, pumpkin, olive oil and vanilla. Beat together until smooth.
5. Place pumpkin mixture in muffin cups about 1/2 full. Then add one table- spoon of the cream cheese mixture right in the middle of the batter. Try to keep cream cheese from touching the paper cup. Sprinkle on the streusel top- ping.

Bake at 375 degrees F (195 degrees C) for 20 to 25 minutes

Monday, October 1st at 11:30am - Lunch outing at Tony Sacco’s

Thursday, October 4th at 2pm - Nacho Social in the Café

Monday, October 8th at 11:30am - Lunch Outing at Ihop

Monday, October 8th at 11:30am - Praise and Worship Music with Howard M.

Wednesday, October 10th at 2pm - Live Entertainment by Chuck S.

Monday, October 15th at 11:30am - Lunch Outing at Mexican Fiesta

Wednesday, October 17th at 2pm - Oktoberfest Celebration with Entertainment by Paul J.

Thursday, October 18th at 1pm - Donuts and Cider at Plymouth Orchard and Cider Mill

Friday, October 19th at 2pm - Sweetest Day Social and Game in Café

Monday, October 22nd at 11:30am - Lunch Outing at Buddys Pizza

Friday October 26th at 10am - Trick or Treating with Maybury Daycare

Monday, October 29th at 11:30am - Lunch Outing at 3 Brothers

Wednesday, October 31st at 2pm - Halloween Costume Party / Birthday Social with Entertain- ment by John L.

Health & Fitness

Stress Less

By Chris Grabowski,
Fitness Instructor



No matter the age stress is a part of our daily lives, and chronic stress can seriously impact our overall health and well-being. When compounded over time stress causes a hormonal change in the body making us more susceptible to conditions such as anxiety, depression, type 2 diabetes, heart attack and stroke. The good news is that there are a number of small steps you can take to help keep stress levels low and make sure your quality of living stays high. Keep these helpful tips in mind so you can be ready for whatever life may send your way.

Exercise- Research has shown that individuals who exercise regularly report significantly lower levels of stress and fatigue when compared to those who don't.

Sleep- Getting enough rest can actually help to reduce tension and anxiety making you better suited to handle the stressors of day to day life.

Positive Relationships- Having friends, family and loved ones who are there to offer support and give positive encouragement is a very important piece of healthy stress management.

Me Time- It's easy to get caught up in trying to always be there for your loved ones but don't forget about your own wellbeing too. Set aside just a little time for yourself each day for those things you really enjoy to do. Even an extra few minutes for yourself can help to keep you from feeling overwhelmed.



Dear Friends,

This month we have attorney, John Payne, from Garrison Lawhouse, PC. Dearborn, coming on Wednesday, October 17th at 6:45 pm to talk about the importance of Power of Attorney paperwork. The presentation will be in the Assisted Living dining room. This event is open to the public as well as yourselves and family members. As you all know, having the proper paperwork in place is extremely important and can be fairly simple as well. Please come join us to learn more! Appetizers, dessert, and coffee will be served. Please RSVP at the front reception desks.

Hope to see you there!

Sincerely,

Renee Ralsky

Marketing Manager



Mary Grace K.
&
Bea R.

Executive Director Message

Dear Waltonwood Residents and Families,

Fall is upon us and for many it is our favorite time of year with all the beautiful color changes and the cool breezes. I hope everyone had an enjoyable summer and are ready to bring on the fall and winter holiday season! With that in mind, we are going to kick off the month with our Oktoberfest party on the first day of October. We will have good food and fun entertainment from Helmut.

There are many Halloween events and activities planned this month. No point in waiting until the 31st. We have a spooky Halloween violin recital from the nearby elementary school students on the 27th. and many crafts planned during the month. The preschool children will be coming on the 26th for trick or treating. They are always a welcomed treat for all of us as we take part in handing out sweet treats to them. Lastly, on Halloween, the 31st., we will have our Halloween costume party. We will have a costume contest and entertainment, and of course some spooky goodies to eat! Please plan on joining us for a great time. In preparation for the dreaded flu season we will be having our flu shot clinic here on the 18th. Please see the receptionist for further details.

I also wanted to announce that Deanna Hite has been promoted from the Housekeeping Supervisor position to the Business Office Manager. She already is picking up the processes quickly as she completes her training. So please give Deanna a huge congratulations when you see her.

Happy Halloween Everyone!

Warm Regards,

Sherie

AT YOUR SERVICE

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Assisted Living and Memory Care
Associate of the Month
Rachael Rubbio – Server
Independent Living
Associate Of the Month
Jarmaine Meadows - Caregiver