

ROYAL OAK CONNECT

NOVEMBER 2018



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COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Michele Hamm
Business Office Manager

Robert Aubrele
Culinary Services Manager

Name
Kathleen Whitehead

Jamie Samolej
Life Enrichment Manager

Darrell Shively
Maintenance Supervisor

Jeremy Kopaniasz
Marketing Manager

Tuong Do
Resident Care Manager

Tonicka Benefield
Wellness Coordinator

The Season of Gratitude

Welcome to the inaugural publication of Waltonwood's community newsletter. As the leader in redefining senior living, we are continuously evolving. From our seasonal cuisine to our wellness programs, we are thankful to share this improvement in communication with you. Within the newsletter, you'll find highlights of the previous months' programs, providing updates on community development and keeping residents and families abreast of current happenings.

During the season of gratitude, we reflect upon those who have served and those who are currently serving our country. With grateful hearts, all of us at Waltonwood thank you for your service and sacrifice. Please visit The White Table in the front lobby as we pay tribute to our military.

May this season fill you with gratitude, crisp air and plentiful opportunities to make memories.

-Your Waltonwood Family

ASSOCIATE SPOTLIGHT

Say Hello to Jo-Ellen. Our Employee of the Month. Jo-Ellen has worked for Waltonwood Royal Oak as our concierge for 7years. She is one of the first faces residents, family members, visitors and staff see when they enter the door to our community. Jo-Ellen supports each and every department in our community and is known to be the “Go To Woman”. Jo-Ellen’s favorite part of her job is interacting with the residents.

Thank you, Jo-Ellen for your hard work, dedication and, positive attitude.



OCTOBER HIGHLIGHTS

01

Betty Scarna displaying the fall wreath she just made.

02

Kevin, our pastry chef, assisting Evie, Conrad, Dorothy and Dorothy’s daughter with making mini apple pies.



03

Archie Coran placing the winning block on Giant Jenga. Job well done!

04

Our Home-Made Apple Pies....made with the apples we brought back from our Cider Mill outing.



FOREVER FIT/FOCUS ON FITNESS

Waltonwood offers opportunities to engage in physical, cognitive, social, spiritual, occupational, emotional and environmental programs based upon your interests and aspirations. In short, the focus of our Life Enrichment program is creating a personalized, active lifestyle based upon a multidimensional wellness model. Our Life Enrichment team takes pride in organizing educational seminars, creative-expressive classes, cultural events, humanitarian and volunteer efforts, social gatherings and musical performances with your fulfillment as our priority.

With our Forever Fit program, you have the opportunity to stay physically active and motivated by participating in group and individual exercise programs. We specialize in supporting each resident’s fitness journey, including perceived limitations.

We welcome you view the Life Enrichment & Forever Fit Calendars and join in the Waltonwood wellness experience!

TRANSPORTATION INFORMATION

Waltonwood Royal Oak is now offering transportation. We are so happy to welcome Sharon Regits to our team as our bus driver and support for activities. Before coming to WaltonWood Royal Oak, Sharon, drove a bus for the Royal Oak School District, for seven years for students with special needs. Sharon is excited to start driving our residents to and from doctor's appointments and to various other destinations as needed.

Our Current Bus Schedule is as follows:

- Tuesdays and Thursdays from 9:00 AM until 3:00 PM
- Wednesdays 11:30 AM until 3:00 PM
- Fridays 9:30 AM until 2:30 PM (if available)
- Every other Sunday Church Services 9:00 AM to 1:00 PM

Please call the front desk to schedule your appointment. All appointments will be scheduled on a first come first serve basis.

NOVEMBER SPECIAL EVENTS

03

Fiddle Group – Humorous, musicians for your entertainment.

Living Room:

2:30 PM

15

Waltonwood Royal Oak Annual Thanksgiving Dinner

Reservations Required

5:00 PM – 7:00 PM

07

Guaranteed Hearing Seminar - coming in to discuss aging and hearing.

Media Room:

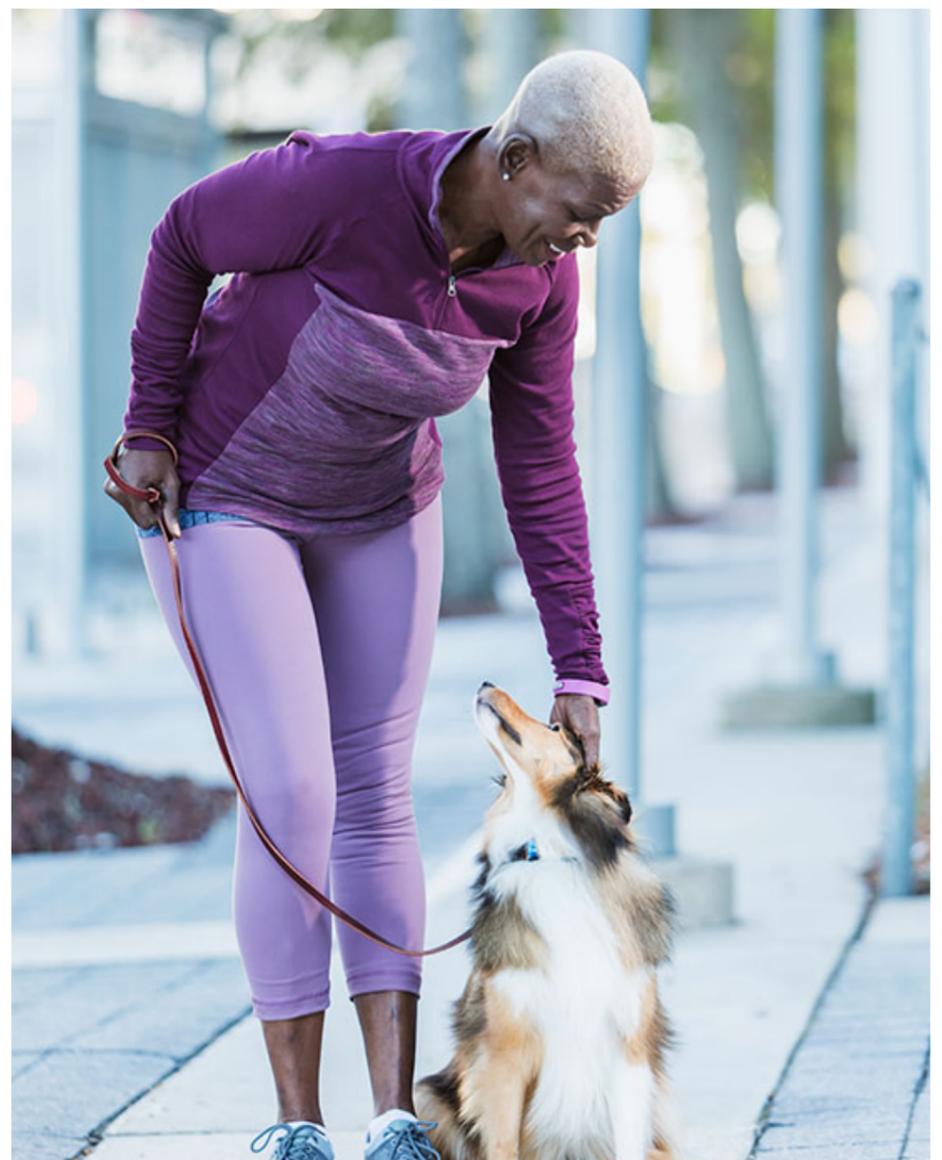
12:30 PM – 1:30 PM

26

Royal Oak Hand Bell Choir Performance

Media Room:

7:00 PM



EXECUTIVE DIRECTOR CORNER

In honor of Waltonwood's veterans and as the grandson and son of veterans who served their country honorably in combat, it is at this time every year that I personally take some extra time to reflect, honor and thank all of the brave men and women who served in United States military. We as a nation, all of us need to stop and truly contemplate the courage and sacrifice represented by all the men and women (and their families) who have served our country both here and abroad. WE visit memorials and cemeteries of family members who gave literally all that they had to defend our shores and uphold the ideals of freedom and democracy. We can remember the words of former President Ronald Reagan, who said, *"The price for freedom at times has been high, but we have never been unwilling to pay that price."* Here is an additional excerpt from that speech from President Reagan's First Inaugural Address:

"The crisis we are facing today does not require of us the kind of sacrifice that you and so many thousands of others were called upon to make. It does require, however, our best effort, and our willingness to believe in ourselves and to believe in our capacity to perform great deeds; to believe that together, with God's help, we can and will resolve the problems which do confront us. And after all, why shouldn't we believe that? We are Americans."

In this time when OUR country seems so divisive, let us come together and say THANK YOU to our military and its veterans. For without their courage and sacrifice our way of life would cease to exist. SO, I humbly thank all Waltonwood's residents and family members for your efforts, for your sacrifices, and for enduring and serving in the military.

Sincerely,

Lance Helton



CHEF'S COOKING DEMONSTRATIONS

07

November 7th @ 1:30 PM in Activity Room. Making Home Made Pasta with Chef Dan.

21

November 21st @ 1:30 PM in Activity Room. Preparing Brussels Sprouts with Chef Dan.

14

November 14th @ 1:30 PM in Activity Room. Preparing Mini Pumpkin Pies with Chef Kevin.

28

November 28th @ 1:30 PM in Activity Room. Learn how to make Pumpkin Loaf with Chef Kevin.

Pan Fried Pasta with Squash, Sage and Pine Nuts

- 1 medium butternut squash
- 1 small sweet onion, peeled and diced
- 3 cloves garlic, minced
- Olive oil
- Salt and pepper
- 1/2 cup fresh sage leaves
- 1 pound farfalle pasta
- 3/4 cup pine nuts, toasted
- 4 ounces high quality Parmesan, shredded or shaved (about a cup total)

Heat the oven to 375°. Cut the butternut squash in half and scoop out the strings and seeds the middle cavity. Flip the squash halves upside down and peel them. Cut the squash into 1-inch cubes. Toss with the onion, garlic, a drizzle of olive oil and salt and pepper. Mince about half of the fresh sage leaves and also toss with the squash. Spread the squash mixture in a thin layer on a large baking sheet and roast for about 40 minutes or until the squash is soft.

Heat salted pasta water to boiling and cook the farfalle until al dente. Drain and set aside. As the squash finishes roasting, heat about two tablespoons of olive oil in a large high-sided sauté pan. The oil is ready when it pops and sputters. (Don't let it start smoking.) Drop in the rest of the rest of the sage leaves and fry for about a minute, or until they begin to just shrivel up.

Remove with a slotted spoon and salt lightly. Crush with the back of a spoon.

Add half the pasta to the pan, along with half the roasted squash mixture. Crumble in half the sage. Cook, stirring frequently, for five minutes or until the pasta is heated through and getting crispy on some of the edges. Add the pine nuts and cook for another minute. Stir in half the cheese and serve.

-Faith Durand/Chef Jessica Bartol Regional Director of Culinary Services

Celebrating Birthday's In November

RESIDENTS

- Ron Austin
- Diane Desmond
- Ivy Forton
- Mona Gibson
- Stella Lakowski
- Thelma Miller

ASSOCIATES

- Alma Ceco
- Coco Hill
- Monique Wilkerson



\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!