

TWELVE OAKS CONNECT-IL

NOVEMBER 2018



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Missing Man Table Ceremony

"Set for ONE,
for ALL to remember"



November 7, 2018

UPCOMING EVENT HIGHLIGHT

VETERANS DAY PROGRAM

We are preparing a Veterans' Day program to recognize the contributions that veterans have made to our country. This ceremony will be held on Thursday, November 7, 2018 at 3:00 p.m. in Assisted Living Piano Area. Families are welcome to attend.

"On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free."

COMMUNITY MANAGEMENT

Alissa Gash
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Laliros
Culinary Services Manager

Alyssa Tobias
Independent Living Manager

Monique Furniss
Life Enrichment Manager

Stephan Skidmore
Environmental Services Manager

Heather Laskos
Marketing Manager

Barbara Exel
Resident Care Manager

Cindy Gillespie
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Jayne has been a caregiver at Waltonwood at 12 Oaks since January of 2011. She started in the position with no experience but it quickly became very clear that Jayne had the heart for the job.

Since starting at Waltonwood, Jayne has never missed a day of work! Jayne is kind, patient, compassionate, attentive and a joy to be around. She is exactly what you'd hope to find in every caregiver in your community.

On November 6th, Jayne is being honored as the recipient of the Alice B. Wallace Caregiver Award by the Michigan Center for Assisted Living. We are so lucky to have Jayne as part of the Waltonwood at 12 Oaks family.



OCTOBER HIGHLIGHTS

01 Cocktail Hour on the Patio

There's no feeling quite like sitting outside in the warm weather and sipping some cold drinks!

02 Fall Decoration

The only way to do great work is to love what you do.

Thank you Bonna & Louis for helping decorate our community!



03 Wii Bowling League

Talent wins games, but teamwork wins championships.

Congratulations to our Wii bowlers!

04 Game Show Week

May the odds forever be in your favor.

Congratulations to our Game Show Week Players!



FOREVER FIT/WELLNESS TOPIC/LE

You already might know a few go-to ways to avoid getting sick: simple stuff like getting enough sleep and washing your hands. But, if you want another way to avoid catching a cold or the flu this season, you might want to head to the **FITNESS CENTER**. Working out could boost your immune system and help you avoid getting sick.

- Benefits of physical activity:
- Reduce symptoms of anxiety and depression while fostering improvements in mood and feelings of well-being
 - Can help reduce blood pressure in people with hypertension
 - Helps maintain the ability to live independently
 - Reduces the risk of falling and fracturing bones

TRANSPORTATION INFORMATION

“Open” Bus Service Every Thursday

- Doctor’s visit
- Shopping Trips
- Emagine Theatre
- Restaurants
- Local Community Centers

Doctor’s visits will take priority over all other requests.

Please see JoAnn 2 week prior to your appointment date so that she can confirm the request.

JoAnn will make every attempt to accommodate your request.

Please join us on Friday’s for our Outings, sign up book located in the Fireside Lounge.

NOVEMBER SPECIAL EVENTS

02 Let’s Bake (Sweet Potato Pie)

If baking is any labor at all, it’s a labor of love. A love that gets passed from generation to generation.

November 02, 2018 at 11:30 a.m.

06 Soup & Talk

To reminisce with old friends, a chance to share some memories, and play our songs again. Join us for a bowl of hot soup and reminiscing.

November 06, 2018 at 11:30 a.m.

05 Sundaes on Monday - Birthday Celebration

There are two great days in a person’s life - the day we are born and the day we discover why: Why not celebrate?

15 Thanksgiving Dinner

Thanksgiving is a day to give thanks for all we are blessed with. Please join us for a wonderful holiday meal.

Please R.S.V.P by November 8, 2018.



EXECUTIVE DIRECTOR CORNER

During Assisted Living Week, all associates received a Waltonwood jacket. The residents loved them and in October we gifted each of them their very own jacket. We also received a brand-new Cadillac so the residents can travel in luxury to outings and appointments.

To kick start the holiday season, we are participating in Giving Tuesday! We are collecting hats, gloves and scarves for the students at Noble Elementary in Detroit. If you wish to participate please drop of your donation by November 20th.

We hope to see you all at the Resident and Family Thanksgiving Dinner on November 15th!



Celebrating Birthday's In November

- Emelyn T
- Dorothy R
- Esther H
- Carol H
- Marjorie S
- Rachel C
- Helen K
- Jim K

CHEF’S COOKING DEMONSTRATIONS

05 Flambé Pears Dessert

12 Baked Potato Bar

19 Ramen Noddle Station

26 Sliders and French Fries Station

CHEF’S SIGNATURE RECIPE

Sweet Potato Pie

Ingredients

1(1 pound) sweet potato
½ cup butter, softened
1 cup white sugar
½ cup milk

2 eggs
½ teaspoon ground cinnamon
1 teaspoon vanilla extract
1(9 inch) unbaked pie crust

Directions

1. Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin.
2. Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla.
3. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.
4. Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, and then will sink down as it cools.



\$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!