

LAKE SIDE CONNECT

NOVEMBER 2018



14650 Lakeside Circle Sterling Heights MI 48313
www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside



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

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Meghan Kahm
Business Office Manager

Paul Gilleran
Culinary Services Manager

Brenda
Housekeeping Supervisor

Nicole Gavas
Independent Living Manager

Jennifer Murray
Life Enrichment Manager

Mo Martinez
Maintenance Supervisor

Courtney Rocho
Marketing Manager

Kara Palazzolo
Resident Care Manager

Fatou Ceesay
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Karen Moore in the housekeeping department and is always smiling. She is extremely thorough at her job and helps to keep our community clean and looking good. Karen always takes the extra time to provide exceptional service. Our residents adore her and so do we. Thank you Karen for all you do!



OCTOBER HIGHLIGHTS

04

The "Lakeside Lucky Stikers" begin the new season of Bowling Leagues, join them on Thursdays and root for the home team!

12

This past October we visited the Detroit Parade Company for a tour. It was interesting to see how the floats are made. Also, to see them up close. A great time was had by all.



18

Lakeside knows how to throw a party. There was good music, dancing, and refreshments. What a great way to celebrate a Thursday!

24

Lakeside hosted a Trick or Treat event for the kiddies. It was a special night, the costumes were adorable, and we had as much fun as the kids.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

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

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, sign up is located at the front desk and is required. Family is welcome join us on an outing, so please consider attending, the more the merrier. Additionally, we carefully plan our outings based on resident’s interests, to provide continued success in the community at large.

Cinema:
Our residents enjoy going to the movies monthly and they choose which movie they would like to see. So, join in the fun and attend one of our movie outings, who can resist movie popcorn.

Restaurants:
We go to a variety of restaurants in South East Michigan. Everywhere from Cracker Barrell, Bravo to The Royal Park. We love recommendations.

Destinations:
We visit the most amazing places; the Detroit Institute of Art, Port Huron Lady Boat Ride, Detroit Tigers Game just to name a few.

Hope to see you on the next outing!

NOVEMBER SPECIAL EVENTS

01

Memorial Service
Remebering our friends and neighbors

09

Veteran’s Day Tribute
Join us as we honor the brave men and women that served this great nation.

14

Demetia Do’s and Dont’s
Join us for an informative evening, on a topic that is near and dear to our community.

29

Regional Christmas Concert
Performances by our home and sister communtiy choirs.



EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,

Happy November to all!! I know we are all still getting used to this freezing weather, although I’m hoping we can still have some nice, colorful, and warm fall days before we fully get into winter and the snow that will surely fall soon.

Our renovations are scheduled to be fully completed by months end, and we are all loving how the community turned out! We are so excited to share it with you and your families as we get into the joyous holiday season.

The life enrichment team has so many fun events planned this month, so please take a look at your calendars to see which events you plan to join us for. I am very excited and grateful to be able to join everyone in celebrating all of the wonderful things to come as an entire Waltonwood family. Hope everyone has a great month!!

Sincerely,

Greg Cossaboom

Executive Director



Celebrating Birthday's In November

- 11/10 Evelyn V.
- 11/26 Thelma M.
- 11/28 Lois A.

How old would you
be if you didn't know
how old you were?
~Satchel Paige

CHEF'S COOKING DEMONSTRATIONS

11/7

Omelettes

Enjoy a fresh made to order omelette.

11/21

Mac & Cheese Bar

Put your spin on the ultimate comfort food.

11/14

Dessert Bar

Let's get creative with dessert, so many choices!

11/21

Baked Pasta Bar

Enjoy your favorite pasta dish, fresh and hot!

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 t 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

\$1,000 RESIDENT REFERRAL BONUS

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!

FRIENDS & FAMILY REFERRAL PROGRAM!