

# LAKE SIDE CONNECT

NOVEMBER 2018



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## COMMUNITY MANAGEMENT

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Executive Director

Meghan Kham  
Business Office Manager

Paul Gilleran  
Culinary Services Manager

Mo Martinez  
Environmental Services  
Manager

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Jenna Durlock  
IL Life Enrichment Manager

Jennifer Murray  
AL Life Enrichment Manager

Tonya Wilson  
MC Life Enrichment Manager

Courtney Rocho  
Marketing Manager

Kara Pallozolo  
Resident Care Manager

Janisha Williams  
Wellness Coordinator

Jaida McCree  
Move in 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

## MIRA SINAJ- OCTOBER 2018

Most of you know Mira to be wearing a smiling face and helping to wake you up with breakfast!

During the past months she has been working hard to make sure that we all have a good morning and afternoon tea.

Thank you for all you do Mira, we love you!



## OCTOBER HIGHLIGHTS

11

We visited Yates Cider Mill and got free cider and donuts!

12

Your Waltonwood Warblers lead our semi-annual singalong with some familiar classics!



19

Are you a Spartan or a Wolverine? Congrats to the Wolverines on the big win!

27

We hope your grand kids enjoyed trick or treating with us!



## 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

All appointments/errands will be requested using the Appointment Request Slip only. Please get your slip at the front desk. Filling out a slip does not guarantee you transportation to that appointment/errand. Turn in your completed slip, including all necessary information i.e. Dr.'s Name/Errand location, address and phone number, appointment time and anticipated pick up time, to the front desk as early as you can prior to your appointment. All slips are considered on a first come first served basis. Please schedule Dr. appointments for Mondays, Tuesdays, or Wednesdays between 8AM and 3 PM.

### Upcoming November Outings

- Thursday, November 1<sup>st</sup>- MGM Grand Casino
- Thursday, November 8<sup>th</sup>- Bethesda Church Service, Trip to the Cinema
- Thursday, November 15<sup>th</sup>- Frankenmuth, MI.
- Thursday, November 29<sup>th</sup>- Men's Lunch: Rochester Mills Beer Company

## NOVEMBER SPECIAL EVENTS

09

### Veteran's Day Celebration

Join us as we honor our veterans and celebrate the day.

15

### Frankenmuth Trip

We will be traveling north for lunch and a trip to Bronner's!

14

### Dementia Do's & Don'ts

Come learn about some best practices while caring for someone with Dementia. 6-7 PM  
IL TR

29

### Warbler's Regional Choir Concert

Join us as we invite other WW communities in for Christmas caroling! 1:30 IL  
DR

EDUCATIONAL SERIES

## Dementia Dos and Don'ts



Wednesday, November 14th  
6 - 7 p.m.

*Presented by Tina Gutman, LMSW, Hospice Specialist with Kindred Hospice*

Join us in our Independent Living Theatre and learn the "Dos and Don'ts" when interacting with someone with Dementia.

Residents, staff, and anyone with a loved one with Dementia is invited to join us.

*Dessert will be offered.*



RSVP today  
(586) 532-6200

Independent Living, Licensed Assisted Living & Memory Care  
14750 Lakeside Circle, Sterling Heights  
Located at Lakeside Mall, south of Hall Rd., west of Hayes Rd.

[www.Waltonwood.com](http://www.Waltonwood.com) | [www.SinghJobs.com](http://www.SinghJobs.com)



## 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 month's 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

- Betty Brogan- 1<sup>st</sup>
- Pat Dybis- 7<sup>th</sup>
- Ed Campbell- 15<sup>th</sup>
- Carol Hardesty- 15<sup>th</sup>
- Mary Kulwicki- 16<sup>th</sup>
- Judy Sellick- 19<sup>th</sup>
- Don Rapp- 23<sup>rd</sup>
- Rod Coons- 24<sup>th</sup>
- Robert Martin- 24<sup>th</sup>
- Ron Defer- 24<sup>th</sup>
- Bob Nelson- 28<sup>th</sup>

## CHEF'S COOKING DEMONSTRATIONS

### 06

Fresh Pasta Bar- Fresh proteins and greens, and cheese. Make your pasta fun!

### 20

Chef Salad Bar- don't forget the croutons!

### 13

Savory Crepe Bar- crepes reimagined... your way!

### 27

Ice Cream Sunday Bar- An Ice cream sundae is never complete without a cherry on top.

## 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*



## \$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!