

LAKE SIDE CONNECT

NOVEMBER 2018



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UPCOMING EVENT HIGHLIGHT

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

Tonya Wilson
Life Enrichment Manager

Mauricio Martinez
Environmental Service Manager

Courtney Rocho
Marketing Manager

Kara Palazollo
Resident Care Manager

Fatou Cessay
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Insert performance highlights of the associate of the month in this section. Include quotes about associate from coworkers/residents. Include picture of associate at work/interacting with residents/other associates on the right. The picture cannot be a selfie and must be high quality, engaging.

Karen Moore in the housekeeping department is always smiling, every day is a great day for her. She is extremely thorough at her job and our residents adore her. Karen always takes the extra time to provide exceptional service.



OCTOBER HIGHLIGHTS

01

We toured the Detroit Institute of Arts enjoying the work of world renowned artists.

02

The Parade Company in Detroit is the most enchanting hidden attraction around town.

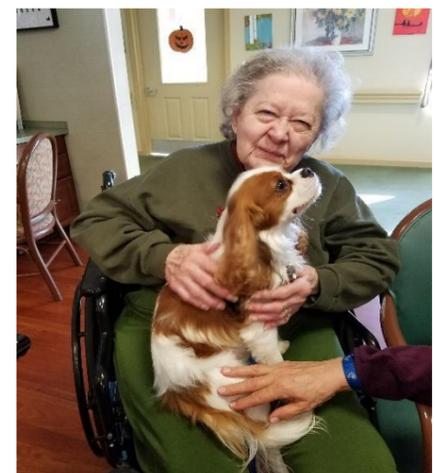


03

The Lakesiders won the Summer Bowling League, now we are on to our Fall

04

We love animals and are grateful for the therapy group Pet a Pet that visits monthly.



FOREVER FIT/WELLNESS TOPIC/LE

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 service for our residents. All outings occur on Friday, sign up is located at the front desk and is required. We love when family joins us on an outing, so please consider attending, the more the merrier. Additionally we carefully plan our outings based on residents needs, to provide continued success in the community at large.

Country Ride;

This is mostly geared for the new folks in our community to get in the habit of going on an outing. It is typically under 3 hours and includes a drive thru Milk Shake.

Restaurants;

We go to a variety of restaurants in South East Michigan. Everywhere from Arby's, Cracker Barrel, 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.

NOVEMBER SPECIAL EVENTS

01

Resident led Remembrance Service for our departed loved ones, friends and neighbors.

14

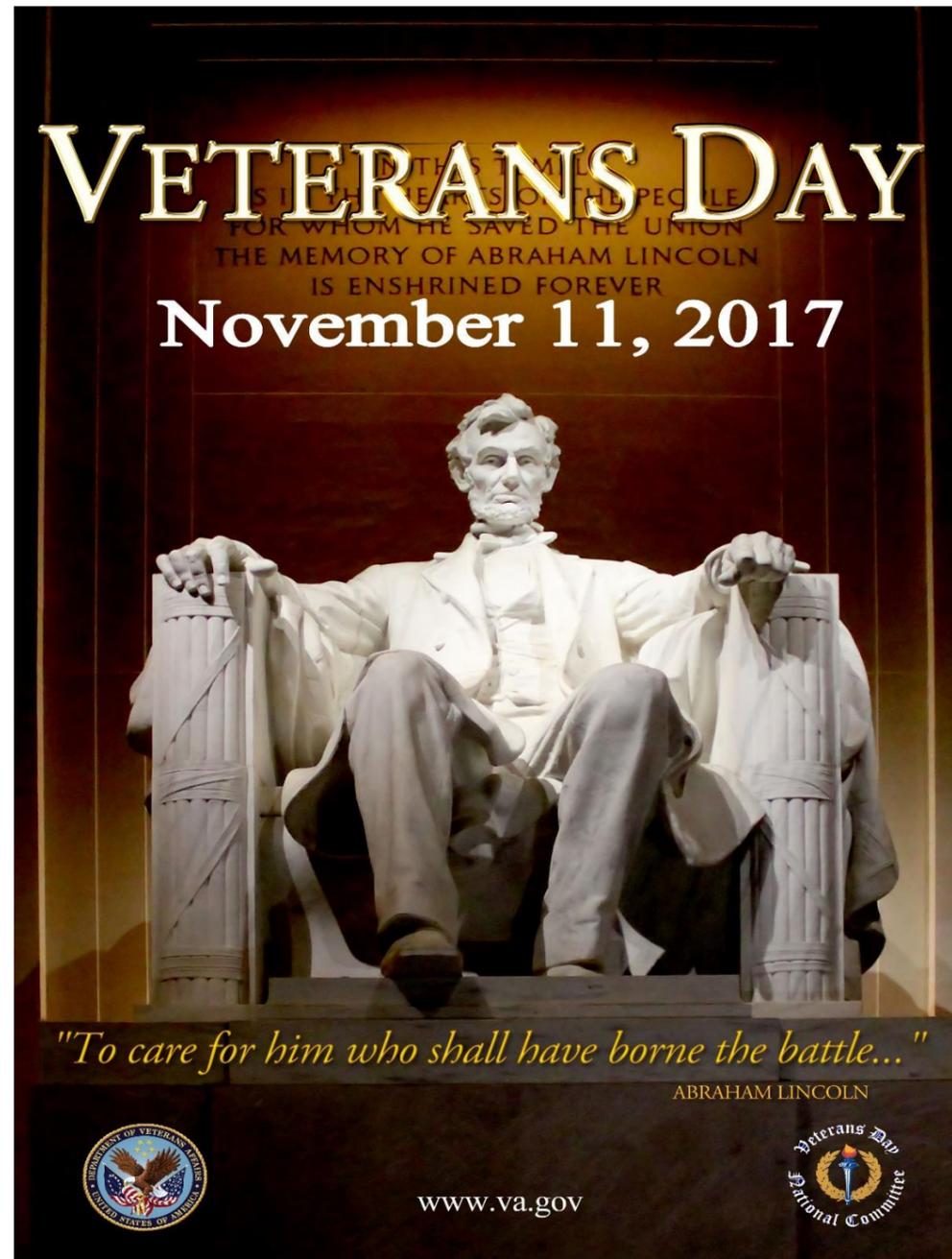
Hospice Specialist Tina Guntman for an educational presentation on the Do's and Don'ts of Communicating for Dementia

09

All Community Veterans Day Tribute

29

Waltonwood Choir Concert. This will include sister communities in the performance.



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

2 Callie G.

25 Alvin B.

26 Inez S.

CHEF'S COOKING DEMONSTRATIONS

08

Enchilladas; Choose Chicken or Beef, toppings include Picadillo, Melted Cheese and Sour Cream.

15

Pasta; Marinara, Parmasagna, Basil, Garlic, Basil and Olives.

22

Omlettes; Choice of Cheese, Fresh Veggies and Spices.

29

Salad; Mixed Greens, Cheese, Fresh Veggies, Dried Fruit and Nuts.

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!