

MAIN CONNECT

DECEMBER 2018



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THE SIMPLE PLEASURES

Did you know that Denmark is considered one of the happiest countries on the planet? Despite cold, dark winters, the Danes place a huge emphasis on what they call, hygge (pronounced hoo-gah), a sense of togetherness. This social bonding helps combat the gloomy, lonely, melancholy that comes with the shorter daylight hours and colder temperatures. They emphasize the simple pleasures like simply spending time together with loved ones, enjoying a hot cocoa, baking cookies or sharing a holiday meal.

Hygge is all about sharing experiences together and not at all about material possessions. What makes you happy during the holidays? Is it more unnecessary gadgets you'll end up re-gifting or being with the people you love? Instead of stressing to find the perfect gift, spend that time you would shopping, with those you love instead. Find happiness in the day to day. Be mindful and present, even in the small tasks. Let's all embrace the hygge spirit this holiday season and foster it to last throughout the year!

COMMUNITY MANAGEMENT

Jeffrey Madak
Executive Director

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

David Mantels
Environmental Services Manager

Liz McMurtrie, CTRS
Life Enrichment Manager—AL

Kathleen Colonello
Life Enrichment Manager—MC

Kathy Klaus
Marketing Manager

Kelly Kaspor, RN
Resident Care Manager

Corey Mitchell, LPN
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Alexis Cruz was born on March 3, 1991 in Pontiac, MI. She has 2 older sisters, 1 older brother, and 1 younger brother. She also has 3 nieces and 3 nephews! Her Mom worked for an automotive company in HR, and her Dad worked at Ford.

Alexis grew up in Romeo, MI and attended Parsons Romeo High School. She enjoys painting, biking, and running. She is recently engaged and planning her wedding for September 2019 in northern Michigan. She met her fiancé at Waltonwood when she started in 2014. Alexis has a 6 yr. old daughter named Alexandria. Her favorite movie is Gone with the Wind and favorite ice cream flavor is mint chocolate chip.



NOVEMBER HIGHLIGHTS

01

Residents brave the cold to visit the Veterans Tribute Wall of Oakland Township in honor of Veterans Day.

02

Executive Director, Jeff Madak, addresses the veterans, residents and families at our Veterans Day Ceremony on November 9th.

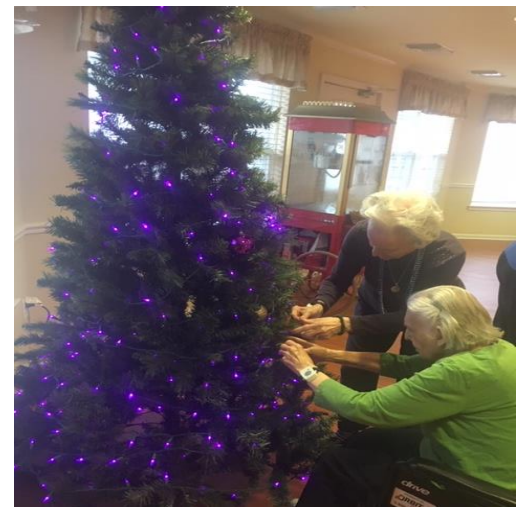


03

Residents and families enjoy a delicious Thanksgiving feast prepared by Chef Sean & his team! Barb, Pat, Ruby & Alice pictured here.

04

Residents, Josie and Corinne, assist the Lifestyle Enrichment team in decorating the building for the holidays!



HOLIDAY HEALTH

It seems hard to believe that another holiday season is already upon us. Whether it's searching for the perfect gift for a loved one or filling our calendars with parties and gatherings, there just never seems to be enough time to squeeze in all the season has to offer. The hustle and bustle of December can certainly be hectic but don't let the holiday stress slow you down, keep these "3M's" in mind during the coming weeks to ensure you have a happy and healthy holiday.

- **Moderation.** 'Tis the season for overindulgence, which makes pacing yourself even more important this time of year. From the food you eat to the hours you sleep, don't completely neglect the healthy habits you kept the other 11 months of the year. Try to keep your favorite treats within reason, you'll feel better and still get to enjoy those things you love.

- **Move.** Making it to the gym or fitness center may be a little more difficult at this time of year but that doesn't mean you can't be active. Aim for 30 minutes of exercise each and every day to keep healthy and strong all winter long.

- **Manage Stress.** The holidays can be overwhelming for anyone and how we manage the stress that it brings can greatly impact our overall health. Find healthy outlets and let the joy and laughter that our family and friends bring help to manage even the most stressful days.

TRANSPORTATION INFORMATION

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John's Lutheran and St. Andrew's Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles.

Check out our group outings for December and be sure to join us!

- December 4th—1:45pm—Tour of Historic Holy Trinity Church in Detroit
- December 5th—2:00pm—Holiday Walk at Meadowbrook Hall
- December 11th—10:30am—Visit Neighborhood Childcare Center
- December 12th—11:00am—Lunch Outing at Red Lobster
- December 18th—TBA—Movie Outing
- December 20th—5:30pm & 6:30pm—Holiday Lights Bus Tour
- December 26th—3:00pm—Scenic Drive

DECEMBER SPECIAL EVENTS

09

Woodside Bible Church sings Christmas Carols in the Lobby at 2:00pm.

12

Waltonwood residents and families come together to celebrate the holiday season with a festive dinner and entertainment. 4:30-7:30pm \$15/adult

16

Children of all ages from 2nd Street Dance will be here for an exciting and colorful recital of dances. 1:30pm in the Activity Room

20

Hop on the Waltonwood bus for a tour of some amazing local Christmas light displays, including the fabulous downtown Rochester, Big Bright Light Show!



EXECUTIVE DIRECTOR CORNER

This is a busy time of year and sometime we forget to stop and say thank you. Thank you for choosing Waltonwood as your home. Thank you for continuing to let us serve you in the many ways that we do. Without you there would be no community. I look forward to seeing everyone on December 12th at the family Christmas party. Last year we had a lot of fun so I hope you all can join us this year.

Waltonwood at Main is very proud to again partner with Gleaners Food Bank of Southeast Michigan to host our 7th Annual Holiday Food Drive. All donations can be dropped in the box by the front door. Please take to time to get to know someone new before the year is out. We have a lot of new and long time residents here at Waltonwood. I encourage you spread the holiday cheer and reach out to someone new. You never know how much of an impact you will have on them and how they may brighten your spirits this holiday season. Merry Christmas and Happy 2019!

Jeff Madak, Senior Executive Director



Celebrating Birthday's In December

Patricia N.
12/14

Vivian S.
12/16

Lloyd (Gene) B.
12/30

CHEF'S COOKING DEMONSTRATIONS

07

Apples Foster action station in the café
from 12:00-4:00pm.

21

Join us for the Cooking Demonstration with
Chef Sean in the Activity Room at 1:30pm.
He will be making Caramel Apple Puff!

12

Carving Station for Family Christmas
dinner buffet. 4:30-6:30pm in the Dining
Room

27

Ice Cream Sundae Bar in the Dining Room
during dinner

Sweet Potato Casserole

Sweet Potato Mixture:

- 3 cups peeled, cooked and mashed sweet potatoes (3-4 large sweet potatoes)
- 1 cup sugar
- ½ teaspoon salt
- 1 teaspoon vanilla
- 2 eggs
- 1/2 cup butter, melted

Crust:

- 1 cup brown sugar
- 1/3 cup flour
- 1 cup chopped pecans
- 1/3 cup melted butter

INSTRUCTIONS

1. Preheat oven to 375 degrees. Spray a medium-size casserole dish with nonstick spray.
2. For the crust: Combine brown sugar, flour, nuts and butter in mixing bowl. Chill in the fridge until ready to use. This helps the crumble maintain its form and not melt into the sweet potatoes.
3. Combine sweet potatoes, sugar, salt, vanilla, eggs and butter in a large mixing bowl in the order listed. Beat thoroughly with a hand mixer for about 3-4 minutes to increase the fluffiness of the sweet potato mixture. Add a splash of milk if needed and mix.
4. Pour mixture into the baking dish. Bake for 25 minutes.
5. Sprinkle the surface of the sweet potato mixture evenly with the crust mixture and return to oven for 10-20 minutes or until crumble is browned. Allow to set at least 30 minutes before serving.



\$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!