

MAIN CONNECT

DECEMBER 2018



Redefining Retirement Living®

SINGH

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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, CALD
Executive Director

Lora Baltosiewich
Business Office Manager

Kelly Kasporek, RN
Resident Care Manager

Corey Mitchell, LPN
Wellness Coordinator

Sean McNally
Culinary Services Manager

Liz McMurtrie, CTRS
AL Life Enrichment Manager

Kathleen Colonello
MC Life Enrichment Manager

David Mantels
Maintenance Supervisor

Kathy Klaus
Marketing Manager

ALEXIS CRUZ

Alexis 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 fiance 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 is mint chocolate chip.



NOVEMBER HIGHLIGHTS

01

Decorating for the Holidays!

02

Francis, our Veteran!



03

Dan, our Veteran!

04

Decorating for Christmas!



HOLIDAY HEALTH AT WALTONWOOD

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 family and friends bring help to manage even the most stressful days.

TRANSPORTATION INFORMATION

We love to get out and about at Waltonwood Main! You are always welcome to join your family members on outings. The more the merrier! Please let Kathleen, Jon or MC reception know you are coming, so we can adjust seating accordingly.

Colder weather is here! Please make sure your loved one has warm clothes, hats, mittens, scarves and jackets.

December Outings:

- 12/3 1:30PM Meadowbrook Holiday Walk
- 12/6 1:30PM Shopping at the Christmas Tree Store
- 12/10 1:30PM Visit the Gingerbread House at the Royal Park Hotel
- 12/13 1:30PM Historic Holy Trinity Church Outing
- 12/17 6:15PM Big Bright Light Show
- 12/20 10:30AM Winter Wonderland Scenic Drive
- 12/27 2PM Traverse City Pie Co. Outing

DECEMBER SPECIAL EVENTS

12/3

Annual Holiday Walk about Meadowbrook Hall. Depart at 1:30PM.

12/7

Home for the Holidays Door Craft at 1:30PM.

12/12

Family Christmas Dinner at 4PM. Dessert and Entertainment in AL at 6PM.

12/17

Scenic drive to the Big Bright Light Show at 6:15PM.



EXECUTIVE DIRECTOR CORNER

This is a busy time of year and sometimes 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 can all 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 the 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 to 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

- Joyce V. 12/11
- Virgina J. 12/22

CHEF'S COOKING DEMONSTRATIONS

12/5

Making peppermint bark.

12/12

Christmas Dinner

12/19

Decorating Christmas Cookies

12/26

Making Chocolate Covered Oreos

Sweet Potatoe 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

Preheat oven to 375 degrees. Spray a medium-size casserole dish with nonstick spray. 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. 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. Pour mixture into the baking dish. Bake for 25 minutes. 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.
-Chef Sean McNally, Director of Culinary Services



\$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!