

LAKE SIDE CONNECT

JANUARY 2019



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



Happy New Year!

We hope that everyone had a happy, healthy, and safe holiday season. As we enter into this new year, we encourage everyone to take a minute to think about all of the memories that were made over this past year, and of course any new resolutions that you have for the upcoming year! One of the resolutions that we made here at Waltonwood Lakeside was to give back to our community more. We have partnered with a local animal shelter in hopes of doing that. We want to start off slow by donating shredded paper for crates and donate homemade dog treats to them. There are opportunities to help with both of those, so just take a look at your calendar if you would like to participate. It may be cold outside, but it is warm here at Lakeside, and there are many things planned to keep away the winter blues. Have a happy and healthy new year!

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Meghan Kahm
Business Office Manager

Paul Gilleran
Culinary Services Manager

Nicole Gavas
Independent Living Manager

Jennifer Murray
Life Enrichment Manager (AL)

Tonya Wilson
Life Enrichment Manager (MC)

Jenna Durlock
Life Enrichment Manager (IL)

Mo Martinez
Environmental Services Manager

Courtney Rocho
Marketing Manager

Kara Palazzolo
Resident Care Manager

Fatou Ceesay
Wellness Coordinator

ASSOCIATE SPOTLIGHT.

LAQUIESHA HANSEND

We are pleased to announce Laquiesha is our employee of the month for January. Laquiesha is called “Q” by most. She is a wonderful addition to our Caregiving Staff. Laquiesha’s very in tune with our residents needs. Q is very patient, kind, and very knowledgeable of the residents she serves. She is always willing to go the extra step to ensure our residents are well cared for. She is also very friendly and will strike up a conversation with anyone she passes in the hall. She is a great example of what it means to be a caregiver in our community.



December HIGHLIGHTS

07

This past December we visited Meadowbrook Hall for lunch and a tour. The beautiful rooms decorated festively for the holiday was so very lovely to see.

13

A trip to downtown Rochester in the evening during Christmas time is always a sight to see. A great time was had by all.



17

A big thank you to Brooke and Paige. They are our resident Harvey's granddaughters, and they shared their beautiful voices with us for a Holiday performance.

20

The Annual Resident and Family Christmas party was one spectacular evening. Many joined us for this special evening. It was full of delicious food, Live music, festive decorations and a visit from Santa!



An Open Invitation!

As the hustle and bustle of the holidays slowly fades and we once again transition into a new year we find ourselves drifting back to those routine that we're use to. Sometimes that's a much welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. So this January why not try something new? Something that will not only kick start your daily routine but also improve the way you move, think and feel. This January I like to extend a warm, open invitation to join our “Forever Fit” exercise program here at Waltonwood. Open to all residents our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year give exercise a try, it just might be one of the best things you can do to keep happy and healthy in 2019.

TRANSPORTATION INFORMATION

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, and the sign-up sheet 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!

JANUARY SPECIAL EVENTS

11

Join us as we go out to lunch, chinese food is on the menu. A delicious lunch and good company, what a great way to spend an afternoon.

18

Join us for our Winter Wonderland Social. You will not want to miss this event. There will be live entertainment and refreshments.

16

Our friends from Pet-A-Pet visit the community. They visit us monthly, and it is always a treat to spend time with our furry friends.

25

Join us on our first trip to the Southeast Animal Shelter to deliver our donations. Also, we get the pleasure of meeting some new furry friends.



EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,

Happy New Year to all! I hope that everyone had a very happy, warm, and relaxing holiday season. Thankfully the nasty weather has held off so far this year, but with us living in Michigan we can always expect the unexpected.

As we move into the new year, we have some changes to some of our staff. First, Rachel Adamczyk has been promoted into our lead receptionist role for Assisted Living and Memory Care! We are very excited to have her become our point person in regards to your receptionist needs, as we know she will do an amazing job. Please congratulate her whenever you visit the community next. On a more bittersweet note, Kara Palazzolo has resigned to take on another nursing position with a private doctor's office. This change will allow her some more flexibility in her schedule, and will also allow her to spend more time with her son, CJ. We will miss her dearly!

I cannot believe it's already 2019, and look forward to seeing what the new year brings. I hope all your New Year's Resolutions come true!!

Sincerely,

Greg Cossaboom



Celebrating Birthday's In January

- 1/8 Kathleen W.
- 1/8 Elizabeth M.
- 1/15 Shirley H.
- 1/25 ANN J.
- 1/31 Ann M.

Wrinkles should merely indicate where the smiles have been.

~Mark Twain

CHEF’S COOKING DEMONSTRATIONS

1/9

Dessert Bar

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

1/23

Baked Potato Bar

A Loaded baked potato made your way.

1/16

Omelettes

Enjoy a fresh made to order omelette.

1/30

Taco Bar

Who doesn’t love tacos!

Winter Chicken Bake

Prep 25 m

Cook 55 m

Ready In 1h 20 m

This is an easy recipe that is warm, hearty, healthy, and colorful. The tartness of the cranberries compliments the sweetness of the barbecue sauce and the mellow sweet potatoes. Homemade barbecue sauce is what I used, but your favorite barbecue sauce will work too.

Ingredients

- 1 sweet potato
- 1/2 medium sweet onion, chopped
- 1 medium apple - peeled, cored, and chopped
- 3 carrots, peeled and chopped
- 2 skinless, boneless chicken breast halves
- 2 tablespoons barbecue sauce
- 1 cup cranberries

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.
- Pierce the sweet potato several times with a fork and cut in half. Place in a microwave-safe dish; pour water to about 1/2-inch deep. Cook in microwave 10 minutes.
- Arrange the onion, apple, and carrots into the bottom of the prepared baking dish. Brush the barbecue sauce on both sides of the chicken breasts and lay atop the vegetables. Peel the sweet potato and cut into large chunks; scatter into the baking dish. Sprinkle the cranberries over the dish.
- Bake in the preheated oven until the chicken is tender and no longer pink in the center, 45 to 55 minutes. Allow to cool 5 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!