

UNIVERSITY CONNECT

JANUARY 2019



3280 Waltonwood Blvd, Rochester Hills, MI
www.waltonwood.com | 248-375-2500
Facebook: /WaltonwoodUniversity



COMMUNITY MANAGEMENT

Matthew Cortis
Executive Director

Jenny Smith
Business Office Manager

Jason Booker
Culinary Service Manager

Sara Benms
Housekeeping Supervisor

Michelle Jaskowski
Life Enrichment Manager IL

Stephanie Gillespie
Life Enrichment Manager AL

Greg Ginter
Maintenance Supervisor

Kim Alexander
Marketing Manager

Lindsey Garbarino
Marketing Manager

Susannah Castillo
Resident Care Manager

Ashlie Tipton
Wellness Coordinator

Ring in the New Year with Joy!

H appiness depends upon your outlook on life. - Find the good in all situations

A ttitude is just as important as ability.- Keep your attitude positive

P assion find yours this year! - Do what you love and you will never work

P ositive thoughts make everything easier.- Stay focused and stay positive

Y ou are unique, with special gifts, use them. - Never forget you have talent

N ew beginnings with a new year.

E nthusiasm a true secret of success.

W ishes may they turn into goals.

Y ears go by too quickly, enjoy them.- Wisdom from your elders, listen

E nergy may you have lots of it. - Take care of yourself

A ppreciation of life, don't take it for granted. - Live each day

R elax take the time to relax in this coming year.- Keep a balance in your life

ASSOCIATE SPOTLIGHT

Lea Caruso is the new activities assistant for Independent Living and Assisted Living. Lea recently graduated from Grand Valley State University in the spring with a degree in Therapeutic Recreation. She just completed a 15-week internship at Children's Hospital of Michigan and completed an internship with the company in summer of 2017. Lea is the eldest and has two younger brothers who she loves spending time with. In her free time, Lea enjoys hanging with her family and spending her time doing crafts. She states, "I'm a very excited to be back at Waltonwood and engage with the residents every day during activities!"



NOVEMBER HIGHLIGHTS

02

Singing Christmas Carols
with Carol Jean.

05

Everyone had a blast
making wreaths for their
doors.



18

Our family holiday party
was a beautiful evening
filled with family and
laughter.

24

Making delicious
Christmas Cookies for
santa on Christmas Eve.



Forever Fit: Focus on Fitness

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

Bus Transporation # 248-989-0102

If you are interested in an outing that you see on the calendar, please visit the front desk and ask for the sign up book.

Wednesday’s are Assisted Living Outing days. Tuesdays and Thursdays are open for doctor appointments and errands.

- January 2nd 1:30pm Grand Travers Pie Co.
- January 9th 11:30am Lunch Outing to Oceania Inn
- January 16th 1:30pm Cranbrook Since Institute
- January 23rd 11:30am Lunch Outing to Chili’s Grill
- January 30th 1:30 Bass Pro Shop and Ice Cream

JANUARY SPECIAL EVENTS

07 2pm

Cooking: Gingerbread Houses

09 10am

Dog Therapy

22 1:30pm

Craft: Winter Light Jars craft

28 2pm

Music With Bobby G



EXECUTIVE DIRECTOR CORNER

Happy New Year!

As we reflect back on 2018 in the Waltonwood Community I am thankful for the happy memories, friends and associates. It was wonderful to observe all of the laughter and smiles from you and your loved ones during our many Event and Holiday party's. Many residents are inviting their families and friends to participate in our events that we shared together this year which helps us develop new friendships and continued community growth. I encourage you all to invite your loved ones to our community and call ahead if they need overnight accommodations to rent one of our guest suites. As I travel to and from work I often think about our Waltonwood family as we are blessed to share time with each other. As we grow together may we continue to have many happy and grateful memories.

Sincerely, Matthew Cortis MBA, NHA (Executive Director)



Celebrating Birthday's In December

- Martin January 1st
- Patricia January 25th

CHEF’S COOKING DEMONSTRATIONS

01

Deviled Egg Station

02

Finger Food Station

03

Carving Station

04

AntiPasta Salad

CHEF’S SIGNATURE RECIPE

Smoked Salmon Deviled Eggs

- 8 large eggs
- 1/2 cup finely chopped smoked salmon (2 ounces)
- 1/3 cup mayonnaise
- 2 cornichons, cut into 1/4-inch dice, plus 2 teaspoons pickling liquid from the jar
- 2 teaspoons Dijon mustard
- Salt
- Old Bay seasoning, for sprinkling
- Garnish with Capers and Dill

In a large saucepan, cover the eggs with water and bring to a vigorous boil. Cover the saucepan, remove from the heat and let stand for 10 minutes.

Drain off the water and shake the pan gently to crack the eggs. Cool the eggs slightly under cold running water, then peel them under running water. Pat dry.

Cut the eggs in half lengthwise and carefully remove the yolks. Transfer the yolks to a bowl and mash well with a fork. Stir in the salmon, mayonnaise, cornichons, cornichon liquid and Dijon mustard. Season with salt. Mound the filling in the egg-white halves and sprinkle with Old Bay. Serve lightly chilled.



\$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!