

LAKE SIDE CONNECT

JANUARY 2019



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COMMUNITY MANAGEMENT

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Meghan Kahm
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Nicole Gavas
Independent Living
Manager

Tonya Wilson
Life Enrichment Manager

Mauricio Martinez
Maintenance Supervisor

Courtney Rocho
Marketing Manager

Kara Palazzolo
Resident Care Manager

Fatou Cessay
Wellness Coordinator

UPCOMING EVENT HIGHLIGHT

It is still December as I write this, I am thrilled about two upcoming events. I couldn't decide which one to highlight so I will be announcing both.

On Friday January 18th, Join us for an All Community Party; Winter Wonderland. The party will be located in the IL DR and begin at 1:30 p.m. Please plan to dress in something white for this special occasion. We will be serving up some winter favorites to munch on. Families are highly encouraged to join us, the more the merrier! Save the date!

Additionally I am thrilled to announce we are coming to an ongoing Volunteer opportunity. We are partnering with Southeast Animal Shelter a no-kill animal shelter. We will be actively shredding newspapers for the dog kennels on a weekly basis. As well as baking home made dog treats. We will go to the Southeast Animal Shelter on a monthly basis in our bus to drop off our donations and to visit our furry friends.

-Tonya Wilson Life Enrichment
Manager, Your Waltonwood Family

ASSOCIATE SPOTLIGHT

LAQUIESHA HANSEND

We are pleased to announce Laquiesha is our employee of the month for January. Laquiesha is a fantastic addition to our wonderful Caregiving Staff.

Laquiesha's very in tune with our residents needs physically and emotionally.



DECEMBER HIGHLIGHTS

7

Meadowbrook Lunch and Tour was a wonderful trip for 23 Residents and family members. We marveled at the beautifully decorated mansion.

10

Art Therapy with Rebecca is one of our favorite days of the month. She comes the second Monday every month.

FOREVER FIT

8

We celebrated Home for the Holiday's Open House with delicious treats, fun projects and exceptional music.

20

Our beloved annual Resident Family Christmas Party was a smashing success.



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.

Chris Gabrowski Regional Forever Fit Manager

TRANSPORTATION INFORMATION

We strive to provide exceptional transportation service for our residents. All outings occur on Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents interests, 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 and Cracker Barrel, to Bravo and The Royal Park Hotel. We love recommendations for new places to try!

Destinations;
We visit the most amazing places including, the Detroit Institute of Art, Port Huron Lady Boat Ride, and Detroit Tigers Gams, just to name a few.

JANUARY SPECIAL EVENTS

11

We are going out to lunch for Chinese. Our favorite spot is just around the corner at Wing Lee.

18

All Community Party; Winter wonderland. Let's celebrate winter together. Wear something White!

23

Cooking Class with Chef Paul. This is a hands on class where we will be creating a snack with the Chef!

25

We are bringing our first batch of donations to Southeast Animal Shelter and visiting our furry friends!



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends,



Celebrating
Birthday's In
JANUARY

7 Gus K.

8 Bob O.

CHEF'S COOKING DEMONSTRATIONS

10

Omlete Bar

17

Pasta Bar

24

Burrito Bar

31

Coney Island Bar

Winter Chicken Bake

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

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!