

# LAKE SIDE CONNECT

JANUARY 2019



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## COMMUNITY MANAGEMENT

Greg Cossaboom  
Executive Director

Meghan Kham  
Business Office Manager

Paul Gilleran  
Culinary Services Manager

Mo Martinez  
Environmental Services  
Manager

Brenda Mirowski  
Housekeeping Supervisor

Nicole Gavas  
Independent Living Manager

Jenna Durlock  
IL Life Enrichment Manager

Jennifer Murray  
AL Life Enrichment Manager

Tonya Wilson  
MC Life Enrichment Manager

Courtney Rocho  
Marketing Manager

Fatou Ceesay  
Resident Care Manager/  
Associate Executive Director

### 2018 Highlights

## Happy New Year!

Happy 2019!

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 in new ways. 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 homemade dog treats. We will be taking some of our old newspapers up to memory care Monday mornings for them to shred for us and we will be personally making the treats every first Friday of the month!

We look forward to see what new things that we can do to help make this world better for all!

January 7 It snows in the Sahara desert - 15 inches reported in Aïn Séfra, Northwest Algeria

February 9 XXIII Olympic Winter Games opens in PyeongChang, South Korea

6 World's oldest message in a bottle found in Western Australia, thrown from German ship Paula 132 years ago (12 June 1886)

April 27 Historic Korean summit, the North's Kim Jong-un and Moon Jae-in of South Korea agree to officially end Korean war and rid peninsula of nuclear weapons

May 8 President Trump pulls the US out of the multilateral Iran nuclear deal

June 19 General Electric is dropped from the Dow Jones Index, the last original member from 1907

July 10 The final 4 boys and their coach are rescued from Tham Luang Nang Non cave, Thailand after being trapped there for 18 days by monsoon flooding

August 1 Swedish crown jewels stolen in heist from Strängnäs Cathedral, Stockholm

September 8 Archaeologists uncover more than 300 gold coins from late imperial period from theatre in Como, Italy

October 23 World's oldest intact shipwreck, ancient Greek vessel 2,400 years old, found at bottom of the Black Sea by archaeologists

November 5 NASA's Voyager 2 probe leaves the solar system, becoming the second human-made object to reach interstellar space

December 5 National day of mourning for former US President George H.W. Bush as he lies in state at the Capitol Rotunda, Washington

March

## MARY REDWOOD- JANUARY 2019

Mary joined our housekeeping staff only a short a while ago, but she has already proven that she is a huge part of this team! If you do not know Mary, you should really take a minute to say hi to her. She always makes time to make sure that you have anything and everything that you need before she leaves. She has gone above and beyond the call of duty and we truly appreciate her for it!

Thanks and Congratulations, Mary!



## DECEMBER HIGHLIGHTS

11

Daisy Troop 76802 came to sing some songs and spread holiday cheer! How cute are they?!

20

A full sized train engine made entirely out of gingerbread. Join us next year to check out the royal Park Hotel!



21

Thank you for all of your generosity this christmas season! All of us truly appreciate it!

31

Here's to a happy and healthy new year. Whats your new years resolution?



## HOLIDAY HEALTH AT WALTONWOOD

### 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

All appointments/errands will be requested using the Appointment Request Slip only. Please get your slip at the front desk. Filling out a slip does not guarantee you transportation to that appointment/errand. Turn in your completed slip, including all necessary information i.e. Dr.'s Name/Errand location, address and phone number, appointment time and anticipated pick up time, to the front desk as early as you can prior to your appointment. All slips are considered on a first come first served basis. Please schedule Dr. appointments for Mondays, Tuesdays, or Wednesdays between 8AM and 3 PM. No same day appointments.

### Upcoming January Outings

- Thursday 3<sup>rd</sup> - MGM Grand Casino
- Thursday, 10<sup>th</sup> - Worship Service at Bethesda, Trip the the Cinema
- Thursday, 17<sup>th</sup> - Trip to the DIA
- Thursday, 31<sup>st</sup> - Men's Outing: Younger's Irish Tavern



## JANUARY SPECIAL EVENTS

04

### Neptune Society Pizza Party

The Neptune Society is a crematorium service who is offering planning services. Come to the Dining Room to learn more. Pizza will be provided!

10

### Salvation Army Donations

We will be taking any unwanted items to the Salvation Army. Please bring unwanted items on *this day only* to the Hobby Room. Please, no large furniture.

17

### Trip to the DIA

Come get out of the house and take a stroll through history and fine art as we endugle ourselves in famous works of art.

18

### Winter Wonderland All Community Party

It's cold outside, but it sure is warm in here; join us as we celebrate the wonders of winter indoors. Hope to see you there! Make sure to wear your white!

25

### January Birthday Party

Join us in the Dining Room as we get together to celebrate all of the Jaunary birthdays! Joel Palmer will be celebrating with us!

31

### Men's Outing: Younger's Irish Tavern

Calling all men!

You are invited to join this all men group to enjoy an afternoon out and hit up the town!

## 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. This month we say goodbye to our Lead Receptionist Leah VanSice. She is moving on to a different position closer to her home, and we wish her all the best! We will miss her dearly, and thank her for all the hard work and dedication she had towards being our point person in the community. We have hired a replacement for Leah, and her name is Kristy Wright. Please say hello to her on your next visit. Lastly, we anticipate our second driver Oliver's arrival this month. He will work alongside Eddie for all your transportation needs.

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

Executive Director



Celebrating  
Birthday's in  
January

8 Debbie  
Barker

17 Kay  
Trupiano

20 Delores  
Marten

25 Roger  
Boileau

31 Christine  
Zawacki

# CHEF'S COOKING CART

08

**Gyro Bar-** Your choice of meats, veggies, and as many toppings as your pita can hold!

22

**Potato Bar-** A potato is a true staple to any good meal. Come get it done just the way you like it!

15

**Dessert Bar-** Do you have a sweet tooth? Tonight will be the night to skip right to dessert!

29

**Chinese Bar-** Come get a taste of China and explore what culinary wonders they have to offer!

## Winter Chicken Bake

Prep 25 m

Cook 55 m

Ready In 1h 20 m

*Recipe By: Waltonwood Lakeside*

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.

- 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



- 1) Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.
- 2) 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.
- 3) 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.
- 4) 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!