



## CHEF’S COOKING DEMONSTRATIONS

01

Red Day Demonstration by Chef Kara in honor of Heart Health on February 1<sup>st</sup>.

02

Valentine’s Day High Tea Event on February 14<sup>th</sup>.

03

Margarita Social on February 22<sup>nd</sup>.

04

Chili Day Social with Canton Police and Fire Departments on February 28<sup>th</sup>.

## CHEF’S SIGNATURE RECIPE

### Citrus Walnut Salad

#### Ingredients:

½ cup chopped walnuts  
2 large oranges, zested  
1 pink grapefruit  
1 (5 oz) bag mixed salad greens  
½ cup crumbled feta cheese

#### Dressing:

2 tablespoons pomegranate juice  
2 tablespoons white sugar  
1 teaspoon dried parsley  
½ teaspoon salt  
½ cup vegetable oil

#### Directions:

Preheat oven to 350 degrees F (175 degrees C).  
Toast walnuts in the oven until golden brown, about 5 minutes.  
Slice top and bottom off 1 orange and set on a flat work surface. Cut downwards from the top, following the curve of the fruit, to remove all of the skin and pith. Repeat with remaining orange and grapefruit.  
Holding 1 orange over a bowl to catch juice, cut both sides of each segment away from the connective membrane and transfer to a separate bowl. Squeeze extra juice from the membranes into the bowl. Repeat with remaining orange and grapefruit.  
Mix toasted walnuts, salad greens, and feta cheese into the bowl of orange and grapefruit segments.  
Pour orange and grapefruit juice into a glass measuring cup. Add enough pomegranate juice to reach 1/3 cup. Whisk in 1 teaspoon orange zest, sugar, parsley, and salt. Whisk in oil until dressing is thick.  
Drizzle dressing over salad.

## Celebrating Resident Birthdays in February

- Feb 1 – Bob D.
- Feb 8 – Veralou S.
- Feb 9 – Phyllis D.
- Feb 9 – Agnes W.
- Feb 9 – Margaret Z.
- Feb 9 – Dottie S.
- Feb 11 – Maureen M.
- Feb 15 – Mickey L.
- Feb 20 – Josephine F.
- Feb 26 – Frank S.
- Feb 27 – Mary A.



**\$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!**

# CHERRY HILL CONNECT

FEBRUARY 2019



42600 Cherry Hill, Canton, MI 48187  
[www.waltonwood.com](http://www.waltonwood.com) | 734-981-7100  
Facebook: /WaltonwoodCherryHill



## FEBRUARY FESTIVITIES

February is now upon us, and with that comes cold winter weather. Stay warm and indoors and enjoy the fun activities we have planned, such as a Super Bowl party on the 3<sup>rd</sup>, Valentine’s Day party on the 14<sup>th</sup>, winter-themed bingo on the 20<sup>th</sup>, Margarita Day Social on the 22<sup>nd</sup>, and a National Chili Day social on the 28<sup>th</sup>.

Join us Friday, February 1<sup>st</sup> as we celebrate National Wear Red Day. On this day, many people wear red to show their support for the awareness of heart disease. So many people are affected by

the disease, and it’s time we do something about it.

With Valentine’s Day falling in the middle of February, it is no wonder this month is known as National Wedding Month. Join us on February 27<sup>th</sup> for a special vow renewal ceremony performed by the one and only Elvis!

“Love does not make the world go round. Love is what makes the ride worthwhile.” We love you! Happy Valentine’s Day!

## COMMUNITY MANAGEMENT

Gina Steigerwald  
Associate Executive Director

Deanna Hite  
Business Office Manager

Renee Ralsky  
Marketing Manager

Jolene Maples  
Move In Coordinator

Kara Triplett  
Culinary Services Manager

April Marcotte  
Independent Living Manager

Ariel Starr  
Independent Living Life Enrichment Manager

Allison Bock  
Assisted Living Life Enrichment Manager

Candice Jones  
Memory Care Life Enrichment Manager

Jacob Fanta  
Environmental Services Director

Monique Sartor  
Resident Care Manager

Tiffany Woodson  
Wellness Coordinator

Lindsay Orler  
Housekeeping Supervisor



## ASSOCIATE SPOTLIGHT

Independent Living Associate of the Month:  
Virginia Rivera, Pastry Chef

Virginia hand creates all of our delicious deserts. She is a hard-worker with a positive attitude. Virginia is always smiling and loves dancing in the dining rooms when there is entertainment. She is willing to help others in the kitchen and in the dining room. She truly is a team player!

We are so lucky to have Virginia as part of our team here at Cherry Hill!



## JANUARY HIGHLIGHTS

01

Outing to Henry Ford's Rouge Factory on January 10<sup>th</sup>. Here is Joe Y.!

02

Polka Music Month Social on January 22<sup>nd</sup>.



03

We painted penguins with acrylic paints on canvas on January 19<sup>th</sup>. Here are Jim and Mickey L. with their penguin art!

04

Our very own resident, Sue H. taught a card making class on January 24<sup>th</sup>. Here is Margaret H. with hers



## FOREVER FIT: STICK WITH IT

It's February, and if you're like 45% of Americans, about a month ago you laid out a well-designed highly motivated new years resolution to conquer in 2019. However, if you happen to be that 1 in 3 who have already ditched those lofty aspirations for your old, more comfortable habits, you still have plenty of time to reach your goals. Nearly 70% of resolutions set each year center around health and wellness, and weight loss and regular exercise rank 1<sup>st</sup> and 3<sup>rd</sup> respectively. While making drastic lifestyle changes like diet and exercise are difficult, they are not impossible. Understanding that nothing worthwhile (health-wise) happens overnight is an extremely important first hurdle to overcome in the pursuit of healthier living. By slowly implementing gradual changes to your routine rather than dramatic overhauls, you allow your body and mind to adjust to a new sense of normal. So, this February, I challenge you to stick with those resolutions because even if January wasn't as successful as you would have hoped, that's ok because you still have 11 months of greatness ahead of you!

## TRANSPORTATION INFORMATION

Waltonwood offers transportation via bus or car for resident appointments and activity outings Monday through Friday. Please see the front desk receptionist to request a bus trip. We require at least a 24-hour advance notice, but of course, the earlier the better.

The bus is free for trips under 10 miles. If the trip is longer than 10 miles, a fee of \$2 per mile will be charged.

All sign up sheets for activity outings, walking group outings, community doctor visits, church outings, etc, can be found in the Red Binder in the Post Office. You must sign up by writing your name on the respective sheet.

In addition to the regularly scheduled outings found on the Life Enrichment Calendar, here are our special outings for the month of February:

- 2/6: Jazz Conert at Schoolcraft College
- 2/7: Puppet Art Museum Tour
- 2/13: Couples Lunch Outing to Bravo Italian
- 2/16: Dinner and Michigan Philharmonic Concert "In the Mood for Swing"
- 2/21: Ypsilanti Automotive Heritage Museum

## FEBRUARY SPECIAL EVENTS

01

Watch the Super Bowl LIII in the theater on February 3<sup>rd</sup>! New England Patriots vs. Los Angeles Rams. Who will win?

02

Celebrate Valentine's Day at our High Tea Event on February 14<sup>th</sup>!

03

Enjoy a special winter-themed Bingo event on February 20<sup>th</sup> in the dining room.

04

February 27<sup>th</sup> we will celebrate National Wedding Month with a vow renewal ceremony by Elvis!



## EXECUTIVE DIRECTOR CORNER

The month of February is most often associated with Valentines Day and celebrating the love shared with those closest to us. However, February is also American Heart Month. In an effort to raise awareness of the importance of cardiac health and educate us on ways to help prevent cardiovascular disease, our team here at Cherry Hill will be showing our support of heart health by wearing red for National Wear Red Day on February 1. Heart disease is the number one killer of women, taking more lives than all forms of cancer combined. Someone you know and love may be affected – at any age. Heart disease and stroke claim the lives of 1 in 3 women – a third of our mothers, sisters and friends. It's time to change this fact. Join Chef Kara on Friday, February 1st for a culinary demonstration in honor of heart health, as well!

We have many fun things happening around the community this month and we hope you will attend!

Best Regards, Gina  
03