



## MARCH BIRTHDAYS

- 3/21 Romo R.
- 3/22 Joy S.
- 3/27 Jean C.
- 3/29 Ann S.
- 3/30 Ruby G.
- 3/30 Lee T.

## CHEF’S COOKING DEMONSTRATIONS

05

Warm Caramel Apple a la mode station.

12

Grilled Cheese and Tomato Soup station in the Dining Room.

22

Cooking Demo with Chef Sean in the Activity Room at 1:30pm.

26

Taste of Waltonwood Event from 3:00-5:00pm in the Café.

## CHEF’S SIGNATURE RECIPE

### Creamy Cucumber Salad

- 2 large cucumbers, cut in half & sliced
- 1/4 cup red onion, sliced
- 2 Tablespoons sour cream
- 2 Tablespoons mayo
- 1 lemon, juice & zest
- 2 Tablespoons fresh dill, chopped
- 1 teaspoon honey
- 1 clove garlic, minced
- salt and pepper to taste

Mix all ingredients together, let marinate overnight for best flavor. Re-season with salt & pepper if needed.



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$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!

# MAIN CONNECT

MARCH 2019



1401 N. Rochester Rd., Rochester Hills, MI 48307  
www.waltonwood.com | 248-601-7600  
Facebook: /WaltonwoodMain



## COMMUNITY MANAGEMENT

- Lance Helton  
Executive Director
- Lora Baltosiewich  
Business Office Manager
- Sean McNally  
Culinary Services Manager
- David Mantels  
Environmental Services Manager
- Liz McMurtrie, CTRS  
Life Enrichment Manager  
Assisted Living
- Kathleen Colonello  
Life Enrichment Manager  
Memory Care
- Kathy Klaus  
Marketing Manager
- Kelly Kaspor, RN  
Resident Care Manager

## KEEP YOUR GOLDEN YEARS GOLDEN

**“A cheerful heart is good medicine.”-Solomon**

Laughing and keeping a joyful heart has been known for hundreds of years to keep the body and mind in good health. To have the ability to laugh despite one’s problems is a secret of those living a long and healthy life. Here are some ways to cultivate a lighter and fun filled life even in the golden years:

1. **Be around fun people.** Seek out happy and lighthearted people when you can and spend as much time as you can around them. The laughter will spread!
2. **Do something silly everyday.** Dance, sing, giggle. Let the good times roll!
3. **Tell a joke each day for the next two weeks.** Make someone else laugh. There is no faster way to be happy!
4. **Laugh no matter what.** Don’t take life so seriously. It’s not like anyone is going to make it out alive! Try to laugh at the little problems.



ASSOCIATE SPOTLIGHT

Hayley Clark

Hayley was born in Dallas, Texas on March 19. She is an only child and moved to Michigan when she was in her junior year of high school. Hayley graduated from Rochester High. She used to work at BDs Mongolian BBQ, and now works at Burgerz along with being a server at Waltonwood Main. Her favorite movie is Edward Scissorhands. Her favorite books are anything by Ellen Hopkins. Her favorite ice cream flavor is peanut butter cup. In her free time, Hayley likes to read and watch TV. Her favorite show is Criminal Minds. If she could go anywhere, she would travel to Greece.



FEBRUARY HIGHLIGHTS

05

Friends, Phyllis and Sue, enjoyed a tea luncheon at Tonia’s Victorian Tea House in downtown Rochester.

6

Jackie and Josie were pleased with their heart necklaces they can wear all month long!

14

Dave, host of the Not So Newlywed Game Show, with the husbands!

14

Congratulations to the winners of the Not So Newlywed Game Show, Lee and Nancie!



HEALTHY HABITS

In our constant battle to stay healthy during cold and flu season it seems like we can never take enough precautions to keep us safe. Annual flu shots, frequent hand washing and a steady supply of disinfectant are all great steps but they’re just a start. How healthy we stay often hinges on the rest we get, the foods we eat and how active we are. Regular exercise not only decreases your risk of developing chronic conditions such as osteoporosis, diabetes and heart disease, it also bolsters your immune system helping to fight off simple bacteria and viral infections too. When combined with a healthy diet rich in vitamins A, C and E, plenty of water and enough sleep, exercise acts another line of defense greatly improving our chances of staying healthy. So don’t forget it’s never too late to develop healthy habits and while the flu shot is a great start, it’s only the beginning.

TRANSPORTATION INFORMATION

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John’s Lutheran and St. Andrew’s Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles. Check out our group outings this month and be sure to join us!

- March 5: Lunch at Big Boy
- March 6: Shopping at Dollar Tree & Walgreen’s
- March 12: Tour of Sander’s Chocolate Factory
- March 13: Scenic Drive
- March 19: Movie Outing
- March 20: Walking at Great Lakes Crossing
- March 27: Coffee & Pie at Grand Traverse Pie Company

MARCH SPECIAL EVENTS

05

Join us for some fun and craziness and a pancake race to celebrate Fat Tuesday!

08

Come and see a magic show in activity room with magician, John Russell.

15

Celebrate St. Patrick’s Day with an awesome live band, Shamrock Shore, and some refreshments. Don’t forget to wear green!

22

Check out some exotic animals at our Live Exotic Animal Extravaganza! Who knows what animals we might see???



EXECUTIVE DIRECTOR CORNER

Dear Waltonwood Resident & Families,

I’d like to take this moment to introduce myself. My name is Lance Helton. I am currently the Executive Director at the Waltonwood Royal Oak community and I will be moving into that same role here at Waltonwood Main. Over the interim period I will be working to facilitate a smooth transition for the Royal Oak community. I have been with Singh Senior Living since July of 2017 and I have been in the senior living field for 8 years.

I moved to Rochester Hills in 2017, from East Lansing where I had lived for 25 years. Yes, I am a graduate of MSU and I consider East Lansing to be my hometown. Before entering the senior living world, I was an elementary school teacher and a stay home father of my 3 children, Pierce, Addison and Cash. Outside of my responsibilities to you all, I am an avid fly fisherman and try to spend my free time on the various rivers in Michigan and out west. Another favorite pastime of mine is reading, anything and everything. Please feel free to stop by my office or stop me in the halls and introduce yourself. Of course, please too, feel free to address any concerns or questions you might have. I am here to serve you.

03 Thank you,  
Lance