



MARCH BIRTHDAYS

- Sue B. 3/15

WHAT'S COOKING? WITH CHEF SEAN

3/6

Chocolate Dipped Banana Pops

3/20

Creamy Cucumber Salad

3/26

Taste of Waltonwood Cooking Station

3/27

Making Strawberry Shortcakes

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. -Chef Sean McNally

MAIN MC CONNECT

MARCH 2019



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Facebook: /WaltonwoodMain



COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Kelly Kaspor, RN
Resident Care Manager

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

Liz McMurtrie, CTRS
AL Life Enrichment Manager

Kathleen Colonello
MC Life Enrichment Manager

David Mantels
Maintenance Supervisor

Kathy Klaus
Marketing 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:

- 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!
- Do something silly everyday.** Dance, sing, giggle. Let the good times roll!
- Tell a joke each day for the next two weeks.** Make someone else laugh. There is no faster way to be happy!
- 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, and soon



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!

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, books are anything by Ellen Hopkins, and ice cream 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

01

Tour at Juliet Chocolates in Romeo

02

Chinese New Year Party



03

Adams High School volunteers help make Valentine's cookies!

04

Making avocado dip with Chef Sean!



STRESS AND WELLNESS

Stress and anxiety are the fight-and-flight instincts that are your body's way of responding to emergencies. Fears and worries may also set off the instinct. For example, worry over a loved one's fragile mental or physical health is a common source of ongoing stress and anxiety. Some ways we can prevent or cope with our stress:

- Participate in social and community activities.
- Participate in activities you enjoy.
- Connect with the people who are most meaningful to you.
- Learn and use relaxation techniques and meditation.
- Make use of support and education groups.

- Jon Hills | Life Enrichment Coordinator

TRANSPORTATION INFORMATION

We love to get out and about at Waltonwood Main! You are always welcome to join your family members on outings! The more the merrier! Please let Kathleen, Jon or MC Reception know you are coming, so we can adjust seating accordingly.

March Outings:

- | | | |
|--------|---------|--|
| • 3/4 | 10:00AM | Neighborhood Child Center |
| • 3/7 | 1:45 PM | Sanders Factory Tour |
| • 3/11 | 1:45PM | Stoney Creek Nature Center (\$3) |
| • 3/14 | 1:45PM | Bass Pro Shop Outing |
| • 3/18 | 2:00PM | Shamrock Shakes at McDonald's |
| • 3/21 | 10:30AM | Stoney Creek Scenic Drive |
| • 3/25 | 1:45PM | Visit the Troy Historical Museum (\$3) |
| • 3/28 | 2:00PM | JoAnn Fabrics Outing – Craft Pickup |

MARCH SPECIAL EVENTS

3/4

Visit the Neighborhood Child Center and read about the *Birth of the Chocolate Chip Cookie!*

3/6

Receive Ashes for Ash Wednesday in Assisted Living

3/19

New Zumba class begins at 2:30PM!

3/26

Taste of Waltonwood at 1230-230PM



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 for the past 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. – Lance Helton | Executive Director