

UNIVERSITY CONNECT

MARCH 2019



3250 Waltonwood Blvd, Rochester Hills, MI
www.waltonwood.com | 248-375-2500
Facebook: /WaltonwoodUniversity



May you always have...

May you always have...

enough luck to make you smile,
enough trials to keep you strong,
enough of all life's treasures
to keep you truly happy.

We wish you and your
family a wonderful and
lucky March!

COMMUNITY MANAGEMENT

Matthew Cortis
Executive Director

Jenny Smith
Business Office Manager

Jason Booker
Culinary Service Manager

Sara Bennis
Housekeeping Supervisor

Michelle Jaskowski
Life Enrichment Manager IL

Stephanie Gillespie
Life Enrichment Manager AL

Greg Ginter
Maintenance Supervisor

Kim Alexander
Marketing Manager

Lindsey Garbarino
Marketing Manager

Ashlie Tipton
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Brandon Bone joined the Waltonwood University Community as the Culinary Operations Supervisor. Working closely with Chef Jason and Dining Room Supervisor Holly, in both Independent and Assisted Living. Brandon has received an Associate of Applied Science in Hospitality Management/Culinary Arts, as well as a Bachelor of Fine Arts in Communications. Brandon has previously worked at Wellbridge as a Corporate Chef and Levy Restaurants at the Palace of Auburn Hills with the Detroit Pistons. Besides his love of culinary/food/art, Brandon also enjoys bowling, watching critically-acclaimed documentaries, and going to concerts. He has always had a passion for creativity and helping others. Brandon says, “I am excited to join the Waltonwood team and venture on this professional journey!”



FEBRUARY HIGHLIGHTS

04

We enjoyed some yummy Chocolate Covered strawberries!

05

We had a wonderful time celebrating Valentines day with Carol Jean’s music!



13

We had a very fun time making Valentine’s Day cards for our loved ones!

18

Enjoyed making delicious mini pizzas



Forever Fit: 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 as another line of defense greatly improving our chances of staying healthy. So don’t forget that 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

Bus Transporation # 248-989-0102

If you are interested in an outing that you see on the calendar, please visit the front desk and ask for the sign up book.

Wednesdays are Assisted Living Outing days. Tuesdays and Thursdays are open for doctor appointments and errands. A family member is required to accompany an assisted living resident to a doctor appointment.

Assisted living March outings:

March 6th 11:30am Lunch Outing: Chili’s Grill

March 20th 11:30am Lunch Outing: Kirby’s Coney

March 27th 1:30pm Outing: Bus drive and Coffee

MARCH SPECIAL EVENTS

05 1:30PM

Craft: Mardi Gras Masks

11 2pm

Music with Carol Jean over in Independent living

24 10:30am

Painting Class

28 1:30pm

Taste of Waltonwood



EXECUTIVE DIRECTOR CORNER

Winter is finally here!

Although we all wish that it could be summer time, it can be relaxing to watch the snow fall and occasionally drink a hot beverage while admiring mother nature’s beauty. Recently, we have delivered a shelf note to all apartments in regards to scheduling transportation. If you would like to utilize the community transportation, please contact David at (248) 986-0102. Remember, transportation is scheduled on a first come-first serve basis. Try to contact David ahead of time, so he is able to meet everyone's requests. This process will allow us to better serve you and to ensure you make your appointment on time. During the winter months, if anyone would like to sign up for Busch's grocery delivery, please let Stephanie (Life Enrichment Manager) or myself know, so we are able to assist you. Waltonwood residents receive free delivery and will be provided a discount. Have a great month!



Celebrating a Birthday In March!

Gene 3/29

CHEF’S COOKING DEMONSTRATIONS

05

Rolling Taco Cart

19

Italian Saute Station

19

Surf and Turf Station

26

French Toast Station w/ Variety of Fruit Compotes

CHEF’S SIGNATURE RECIPE

White Fish Piccata

- 2 skinless and boneless Whitefish
- Sea salt and freshly ground black pepper
- All-purpose flour, for dredging
- 6 tablespoons unsalted butter
- 5 tablespoons extra-virgin olive oil
- 1/3 cup fresh lemon juice
- 1/2 cup chicken stock
- 1/4 cup brined capers, rinsed
- 1/3 cup fresh parsley, chopped

Heat 2 tablespoons butter and 2 tablespoons of oil in a large skillet over medium-high heat. Dredge fish in seasoned flour, Fry two fish filets at one time until golden brown on both sides, about 3 minutes on each side. Remove to a plate.

After removing the white fish, have the heat on medium to medium-low. Pour in wine and chicken broth, and squeeze in the juice of two lemons and capers. Whisk the sauce, scraping the bottom of the pan. Allow sauce to cook and bubble and thicken until reduced by about half. Sprinkle in a little salt and pepper as it's cooking.

Reduce heat to low and pour in cream. Whisk together and allow to cook for a couple of minute until sauce thickens. Taste and adjust seasonings or other ingredients. Expect the sauce to have a real tang to it; counter it with a little more broth and cream if it's too strong! Sprinkle in some chopped parsley and stir.

Right at the end, cook angel hair until al dente---do not overcook!

With tongs, place a medium-sized mound of pasta on a plate. Place a cooked fish on the side, then spoon sauce over the fish and the pasta. The sauce is strong, so no need to drown it. Sprinkle a little minced parsley over the top.



\$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!