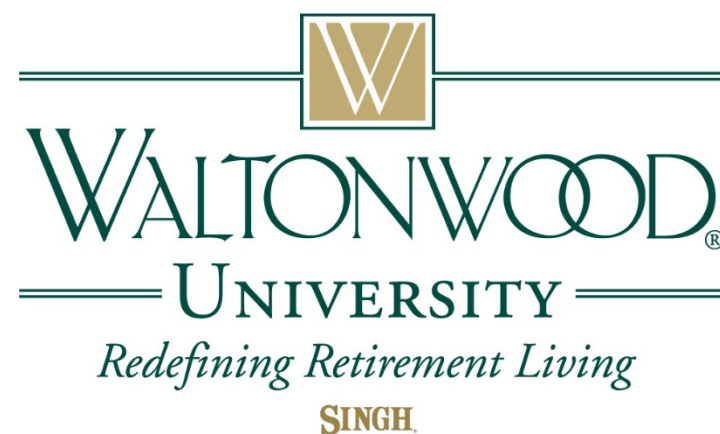


UNIVERSITY CONNECT

MARCH 2019



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



COMMUNITY MANAGEMENT

Matthew Cortis
Executive Director

Jenny Smith
Business Office Manager

Kim Alexander
Marketing Manager

Lindsey Garbarino
Marketing Manager

Jason Booker
Culinary Service Manager

Michelle Jaskowski
Life Enrichment Manager IL

Stephanie Gillespie
Life Enrichment Manager AL

Greg Ginter
Maintenance Supervisor

Sara Bennis
Housekeeping Supervisor

Ashlie Tipton
Wellness Coordinator

Welcome Spring!

Spring is a miraculous experience. The whole world comes alive after the winter in which it seemed that everything was dead. The world comes filled with color and the scent of delicious greenery. The world that seemed so dull and cold has come alive once again. Little did we know that beneath the cold hard ground the plants and trees were preparing for rebirth. Spring gives us hope for rejuvenation in our own lives as well. Spring is a time to renew the excitement and zest for life that lives inside.

Taste of Waltonwood

Thursday, March 28th

1:30-4:00 p.m.

Join us for a first-class dining experience featuring fun and interactive cooking demonstrations and tasting stations.

This event will highlight Waltonwood's seasonal spring menu and the Life Enrichment department will be doing an indoor herb and vegetable planting class.

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

01

Lucille smiles and shows off her yarn heart craft.

02

It's Happy Hour time! Our ladies are lined up and ready for some wine.



03

Mildred and her family enjoyed senior & kid fun day together.

04

Helga is excited to hang her heart door wreath up.



Residents Corner: Amanda's Musings

Wow! The eternal wish of my life. I arrive at the seamstress' home. I am staggering 'neath a mountain of slacks, jackets, blouses, one or two coordinating skirts – my whole closet-- is in the heavy bundle that I plop on her work table, I smile and say, "Take it all in." Alas, that is not to be. There are so many reasons. On Mother's Day, my eldest son made a huge pan of Lasagna and we carried it to my younger son's home where I took it all in. That has been the story of my life. I have lunch with friends and I take it all in. I go out for an intimate evening with my husband at a fancy restaurant and I take it all in. At a recent Parish Dinner while we discussed the history of our church, I took it all in and Congregationalists are well known for their copious Parish Dinners. Alas, woe is me! I excell at taking it all in. My fate is decreed, written in stone, irrefutable. I am doomed to take it all in, letting nothing escape.

TRANSPORTATION INFORMATION **Bus Transportation # 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.

- March 4th Motor City Casino at 10:00 a.m
- March 5th Lunch Outing Wawel Polish Restaurant at 12:00 p.m. (Live Accordion Music & Paczki's for sale)
- March 7th & 21st Walmart & Meijer Shopping at 1:30 p.m.
- March 11th Goodwill Outing in Lake Orion at 10:00 a.m.
- March 12th Dinner Outing to Reb Lobster at 4:00 p.m.
- March 14th & 28th Walmart & Meijer Shopping at 10:30 a.m.
- March 18th CVS/Banking at 10:30 a.m.
- March 25th Dollar Store Outing at 11:00 a.m.
- March 25th Lunch Brunch: Paul's 12:00 p.m.

March SPECIAL EVENTS

01

March 5th at 12:00 p.m.

Wawel Polish Restaurant with
Live Accordion Music and
Paczki's for sale.

Sign up at Front Desk

02

March 6th at 11:00 a.m.

St. John Fisher Ash
Wednesday Service in the
Campus Room.

03

March 11th at 2:00 p.m.

Come sing some Irish tunes with
Caroljean and wear something
green to celebrate St. Patrick's
Day.

04

March 22nd at 12:30 p.m.

St. Patrick's Day Party &
Music with Daniel Bryson.



EXECUTIVE DIRECTOR CORNER

Thank goodness Punxsutawney Phil (ground hog) did not see his shadow! Hopefully Spring is just around the corner! I would like to remind everyone that you are able to order groceries from Busch's supermarket online. Additionally, our friendly neighbors at Busch's are providing Waltonwood residents free delivery and a discount when you order online. If you need assistance, please see our Life Enrichment Manager Michelle or myself.

Sincerely, Matthew Cortis MBA, NHA (Executive Director)

CHEF'S COOKING DEMONSTRATIONS

01 March 5th
Rolling Taco Cart

02 March 14th
Italian Saute Station

03 March 19th
Surf and Turf Station

04 March 26th
French Toast Station with a Variety of
Fruit Compotes

Celebrating Birthdays In March

- John B. 3/10/19
- Joyce C. 3/3/19
- Peg F. 3/16/19
- Lynda H. 3/30/19
- Roberta P. 3/7/19
- Howard R. 3/17/19
- Margaret S. 3/24/19
- Otis W. 3/22/19
- John W. 3/22/19
- Gregory G. 3/2/19
- Francesco C. 3/3/19
- Lindsey G. 3/18/19
- Diane G. 3/20/19
- Kai E. 3/22/19
- Susan V. 3/22/19
- Terry K. 3/28/19

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.



\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!