



CHEF'S SIGNATURE RECIPE

A Classic Calzone

This is an easy to make and great tasting dinner.

Ingredients:

- 1 loaf (1 pound) frozen bread dough, thawed
- 1 cup Three-Meat Sauce
- 1/4 cup shredded part-skim mozzarella cheese
- 1 to 2 tablespoons 2% milk
- 1/2 teaspoon Italian seasoning
- 1 tablespoon grated Parmesan cheese
- Sliced pepperoni

Directions:

- Preheat oven to 350°. On a lightly floured surface, divide dough into four portions. Roll each into a 6-in. circle. Spread 1/4 cup sauce over half of each circle to within 1/2 in. of edge; top with 1 tablespoon mozzarella cheese and pepperoni.
- Fold dough over filling; pinch edges to seal. Place on a greased baking sheet.
- Brush milk over tops; sprinkle with Italian seasoning and Parmesan cheese. Bake until golden brown, 20-25 minutes.

CHEF'S COOKING DEMONSTRATIONS

07

Omelette Bar

14

Pasta Bar

21

Potatoe and Chile Bar

28

Omelette Bar

LAKE SIDE  
CONNECT

MARCH 2019



UPCOMING EVENT HIGHLIGHTS

The Life Enrichment Program is growing here at Waltonwood Lakeside. We are thrilled to announce programming on Saturday's as well as Sunday's moving forward.

Additionally we will be picking up another day, Wednesday's for outings and transportation. I specifically did not put anything on the March Calendar as March is a trial month, but watch for this in April.

Our indoor gardening programming is growing. If you have have a house plant to donate we will greatly accept. Indoor houseplants; clean the air, are decorative and some add fragrance to a room. Also this helps us get our green thumbs ready for spring.

Get out and enjoy all the FUN the month of March has in store for us.



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COMMUNITY  
MANAGEMENT

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Brenda Mirowski  
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Nicole Gavas  
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Manager

Tonya Wilson  
Life Enrichment Manager

Mauricio Martinez  
Maintenance Supervisor

Courtney Rocho  
Marketing Manager

Fatou Cessay  
Wellness Coordinator

Marissa Walker  
Resident Care Manager



\$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!



ASSOCIATE SPOTLIGHT

LISA BROOKINS

Congratulations Lisa! Lisa is a member of our Resident Care Team.

Lisa pays great attention to details and has demonstrated her dedication to providing the best quality care for all. She is very knowledgeable about residents in both AI and MC communities, and is always willing to lend an extra hand to her fellow co-workers. She continually goes above and beyond to make sure the residents are safe, engaged, and happy throughout each day.



FEBRUARY HIGHLIGHTS

01

Paper for Puppies, Animal Welfare Society delivery and visit with our furry friends.

07

For the love of pizza day and party! We ordered pizza for delivery and enjoyed a live performance.



14

All Community Valentine's Day Party.

15

Wild Birds Unlimited Shopping Trip Fun!



FOREVER FIT/WELLNESS TOPIC/LE

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. Chris Grabrowski, Senior Forever Fit Manager.

TRANSPORTATION INFORMATION

We strive to provide exceptional transportation service for our residents. All outings occur on Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents interests, to provide continued success in the community at large.

MARCH Destinations; RSVP Required

- 1 Rochester Onyz Ice Dancers
- 8 O'Connors Public House Lunch
- 22 Animal Welfare Society and Lunch
- 29 Oxford Montessori School Reading to the students

-Surprise Wednesday Outings Coming Soon!

MARCH SPECIAL EVENTS

03

Crafts with Tessa every Sunday at 11

06

Toast with Tonya, every Wednesday at 10:30. The smell of toast cooking stimulates our appetites!

15

All Community Party for Saint Patrick's Day with a live Irish Band!

30

Taste of Waltonwood All Community Event. Food display's in every community and herb garden project.



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends, Happy March! I hope you all have been able to safely get through these cold weather patches and snow days for many. It has definitely been a roller-coaster of temperatures thus far, and it looks to continue through this month as well

I'd like to thank everyone who participated in the yearly survey, as we look to gather and report the results to you very soon. We are very excited to see all the feedback from all of you!

This month, we say goodbye to Fatou, our Wellness Coordinator. She has been accepted in the Associate Executive Director program, and we thank her for all of her work during the last few years. We have hired her replacement, and her name is Hailey Krajacic. She plans to start the first week in March, so please stop in and say hi to her!

Sincerely, Greg Cossaboom Executive Director