

HAPPINESS BIRTHDAY

IN MARCH

TO:

17 PATRICIA L.

22 PATRICIA S.

31 TOM M.

CHEF'S SIGNATURE RECIPE

A Classic Calzone

This is an easy to make and great tasting dinner.

<u>Ingredients;</u>

- 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

14

Omelette Bar

Pasta Bar

21

28

Potatoe and Chile Bar

Omelette Bar



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!

LAKESIDE CONNECT

MARCH 2019



Redefining Retirement Living

14560 Lakeside Circle 48313 www.waltonwood.com | 586-532-7601 Facebook: /WaltonwoodLakeside



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.

Our indoor gardening programming is grow have have a house play we will greatfully accomposite houseplants; clean the decorative and some

Additionaly 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 greatfully 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.

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Meghan Kahm Business Office Manager

Paul Gilleran Culinary Services Manager

Brenda Mirowski Housekeeping Supervisor

Nicole Gavas Independent Living Manager

Tonya Wilson Life Enrichment Manager

Mauricio Martinez Maintanence Supervisor

Courtney Rocho Marketing Manager

Fatou Cessay
Wellness Coordinator

Marissa Walker Resident Care Manager

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 Al 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.



01

14

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

15

All Community Valentine's Day Party.

07

Wild Birds Unlimited Shopping Trip Fun!

For the love of pizza day

and party! We ordered

pizza for delivery and

enjoyed a live

performance.





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

15

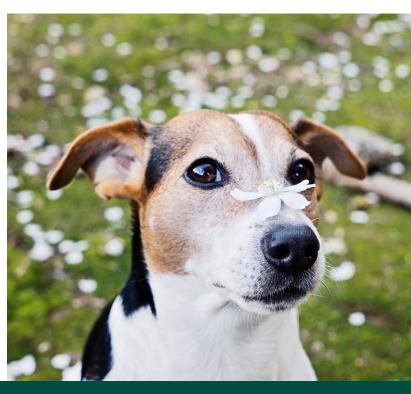
All Community Party for Saint Patrick's Day with a live Irish Band!

06

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

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