

LAKE SIDE CONNECT

MARCH 2019



14750 Lakeside Circle Sterling Heights, MI. 48313
www.waltonwood.com | 586-532-7601
Facebook:/Waltonwoodlakeside



Spring has Sprung!

We are approaching the last few weeks to this long and dreary winter! March is a beautiful time of year and the true beginning of Spring. Flowers will begin their new life, all of our little furry friends will be come out of hibernation, and we will say goodbye to snow until the next winter season.

There are a few important things to remember this month. Day Light Savings time is Sunday, March 10th this year so don't forget to set your clock ahead at bedtime on the 9th! Also, the Spring Equinox is Wednesday, March 20th. We will be celebrating Mardi Gras on March 5th, St. Particks day on March 15th, and all of our friends that were born in March on March 29th all at 1:30.

Over the past months, we have welcomed a few new residents into our lovely home. On the first floor, Chi Abate joined us in 103. Many new smiling faces have joined us on the second floor as well! Edward Carey in 114, Charles (Chuck) Ingoglia in 201, Phyllis Washburn in 209 and Charles and Diane Prior in 219 have finished the moving process and have been settling in. At the end of the month Anne Rubino will be moving into 202 and Shirley Jermaine in 207 will be coming sometime mid March. Please, if you pass a new room or notice a new face, stop by and say hi!

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Meghan Kham
Business Office Manager

Paul Gilleran
Culinary Services Manager

Mo Martinez
Environmental Services
Manager

Brenda Mirowski
Housekeeping Supervisor

Nicole Gavas
Independent Living Manager

Jenna Durlock
IL Life Enrichment Manager

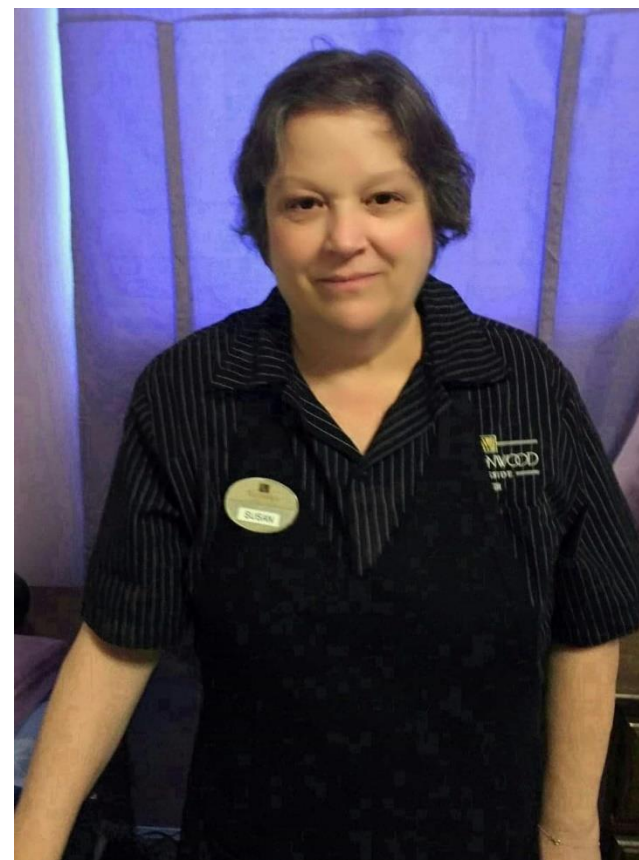
Courtney Rocho
Marketing Manager

Jaida McCree
Move in Coordinator

SUSAN ZAGORSKI-

MARCH 2019

Susan is a part of our dietary team. Susan doesn't give up! She is our "Jill of All Trades" working in different communities and always pitching in where she is needed. Susan rises to any challenge and works tirelessly for solutions. She is both hardworking and dependable. She goes out of her way to help residents in need and always has a smile on her face. We are so thankful to have such an amazing person be part of our Waltonwood team!



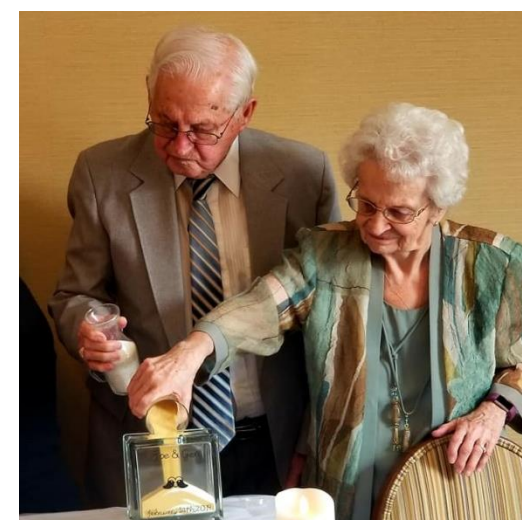
FEBRUARY HIGHLIGHTS

12

We welcomed Michigan's 10th district Congressman Paul Mitchell's staff in for a tea party and learned more about what they can do for us!

14

We celebrated the many years of love that we share with our resident's with a renewal of their vows on Valentine's day!



20

Comedy for a Cause: For the Love of Laughter. Every few months will choose a new charity to champion and hold a fund raiser for their cause! February's proceeds went to the American Heart Association.

28

We celebrated our beautiful new building with our Grand Re-opening! Giant sissors and all! We hope that you all had a fabulous night celebrating with us!



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 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.

TRANSPORTATION INFORMATION

All appointments/errands will be requested using the Appointment Request Slip only. Please get your slip at the front desk. Filling out a slip does not guarantee you transportation to that appointment/errand. Turn in your completed slip, including all necessary information i.e. Dr.'s Name/Errand location, address and phone number, appointment time and anticipated pick up time, to the front desk as early as you can prior to your appointment. All slips are considered on a first come first served basis. Please schedule Dr. appointments Monday through Thursday between 8AM and 3 PM. No appointments will be scheduled for Friday. No same day appointments. Please be signed up for weekend outings no later than the Friday before each outing.

Upcoming November Outings

- Thursday, March 7th MGM Casino 9:30AM
- Thursday, March 14th Trip to the Cinema (Movie and departure time TBD)
- Thursday, March 21st Lunch and trip to the Sterling Heights Nature Center 11:30 AM
- Thursday, March 28th Men's Lunch: Fin's Eatery & Spirits

MARCH SPECIAL EVENTS

03

Interdenominational Service

Kensington Church will be join us for small group worshiping. Please refer to calendars for time and location.

05

Mardi Gras!

Join us for an all community party full of packzi and fun as we celebrate the beginning of the Lent season!

15

St. Patrick's Day Party

Come get your green beer and enjoy some traditional and modern Irish Music! We will be welcoming our friends from AL and Memory Care.

30

Taste of Waltonwood

Our Community will be welcoming friends and strangers alike to taste the amazing talents of our culinary team and see what sets Waltonwood above the rest.



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 have moved Mary Redman to the front desk as our lead concierge. Many of you have already met Mary during her housekeeping days, and we are very happy to have her in her new role. We have hired a replacement for Mary, and her name is Latina Bailey. Please say hello to her next time you are in the community!

Sincerely,

Greg Cossaboom

Executive Director



Celebrating
Birthday's In
March

Lisa N-2
Shirley W- 9
Lou F- 13
Joe W- 15

CHEF'S COOKING CART

05

Hamburger Bar

A good ol' fashioned burger, made just the way you like it.

18

Potato and Chile Bar

Baked potatoes with every topping you can dream of.

A Classic Calzone

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:

- 1) 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.
- 2) Fold dough over filling; pinch edges to seal. Place on a greased baking sheet.
- 3) Brush milk over tops; sprinkle with Italian seasoning and Parmesan cheese. Bake until golden brown, 20-25 minutes.

12

Pasta Bar

Do you like red sauce or white sauce on pasta?

26

Stir Fry Bar

Stir Fry is an easy, simple and delicious meal. Come personalize your bowl!

"This is an easy to make and great tasting dinner."



\$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!