

CHEF’S SIGNATURE RECIPE

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. Enjoy!

CHEF COOKING STATIONS

06	13
Lunch Pasta Bar	Omlete Bar
20	27
Potato & Chili bar	Chicken or Beef Stirfry



Celebrating Birthdays in March,

- 3/10 Richard
- 3/19 Lois C.

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”
~ Sophia Loren



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!

LAKE SIDE CONNECT

MARCH 2019



March in to Spring!

It has been a long winter, but spring is on it’s way. This past february Lakeside celebrated our grand re-opening and it was an event to remember. The community looked amazing and our talented culinary teamed shined once again. The event was an oppurtunity to celebrate our makeover with our residents, families, and the outside community. From the beautiful décor, the food, and entertainment; it was one special evening. Moreover, there is much planned to do this month while we are waiting for spring to make it’s appearance.

March hosts St. Patrick’s day and “everyone is Irish that day”. Of course a Party is planned, wear your green and great ready for some Irish entertainment and some green beer! Also, this month a wonderful event is Planned “The Taste of Waltonwood”. This event celebrates our culinary team and their talents. You will not want to miss this event. Fair weather is on it’s way so let’s get outdoors and enjoy. There are many outings planned this month: A visit to see the Rochester Onyz Ice Dancers, Lunch at the Irish Pub, Paper for Puppies delivery, Oxford Montessori school, and the Movies. So, let’s March in to spring having fun!



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COMMUNITY MANAGEMENT

- Greg Cossaboom
Executive Director
- Meghan Kahm
Business Office Manager
- Paul Gilleran
Culinary Services Manager
- Nicole Gavas
Independent Living Manager
- Jennifer Murray
Life Enrichment Manager (AL)
- Tonya Wilson
Life Enrichment Manager (MC)
- Jenna Durlock
Life Enrichment Manager (IL)
- Mo Martinez
Environmental Services Manager
- Courtney Rocho
Marketing Manager
- Marissa Walker
Resident Care Manager
- Fatou Ceesay
Wellness Coordinator

ASSOCIATE SPOTLIGHT
LISA BROOKINS

Lisa is a Resident Care Associate. She works in both our Assisted Living and Memory Care Communities. Lisa gives great care to our Residents, she is warm and friendly. Lisa gives care with compassion and she brings many smiles to the faces of those she cares for. Lisa continues to go above and beyond to provide the best care to her residents. Lisa congratulations and thank you for all you do!



February Highlights

13 Wild Birds Unlimited Presentation
14 Valentine's Day Party



22 Paper for Puppies delivery to the Southeast Animal Shelter
28 Waltonwood Grand Re-Opening



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

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 bacterial 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

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, sign up is located at the front desk and is required. Family is welcome join us on an outing, so please consider attending, the more the merrier. Additionally, we carefully plan our outings based on resident's interests, to provide continued success in the community at large.

Cinema:
Our residents enjoy going to the movies monthly and they choose which movie they would like to see. So, join in the fun and attend one of our movie outings, who can resist movie popcorn.

Restaurants:
We go to a variety of restaurants in South East Michigan. everywhere from Cracker Barrel, Bravo to The Royal Park. We love recommendations.

Destinations:
We visit the most amazing places; the Detroit Institute of Art, Port Huron Lady Boat Ride, Detroit Tigers Game just to name a few.

Hope to see you on the next outing!

MARCH SPECIAL EVENTS

05 Mardi Gras Party:
Join in the fun and have a Pazcki to!
15 St. Patrick's Day Party:
Wear green and enjoy the fun!
21 Spring Fling:
Let's celebrate spring together!
30 A taste of Waltonwood:
join us as we celebrate the talents of our culinary team.



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