



## March Birthdays

- 3-4 Paul D
- 3-10 Marie M
- 3-16 Susan C
- 3/29 Margaret N
- 3/29 Carmen H

## CHEF’S COOKING DEMONSTRATIONS

05

Hawaiian Haystack - Lunch

19

Chocolate Fondue with Fruit Dinner

12

Sweet & Sour Meatballs- Lunch

26

Hands on Demo – “Sweet & Savory Crepes” – 2:30 Activity Room

## CHEF’S SIGNATURE RECIPE

### BASIC CREPES

#### Ingredients:

- 2 large eggs
- 3/4 cup milk
- 1/2 cup water
- 1 cup flour
- 3 tablespoons melted butter
- Butter, for coating the pan

#### Directions:

In a blender, combine all of the ingredients and pulse for 10 seconds. Place the crepe batter in the refrigerator for 1 hour. This allows the bubbles to subside so the crepes will be less likely to tear during cooking. The batter will keep for up to 48 hours.

Heat a small non-stick pan. Add butter to coat. Pour 1 ounce of batter into the center of the pan and swirl to spread evenly. Cook for 30 seconds and flip. Cook for another 10 seconds and remove to the cutting board. Lay them out flat so they can cool. Continue until all batter is gone.

\*Savory Variation Add 1/4 teaspoon salt and 1/4 cup chopped fresh herbs to the egg mixture.

\*Sweet Variation Add 2 1/2 tablespoons sugar and 1 teaspoon vanilla extract

*Recipe excerpts from Alton Brown “Food Network” .*

## \$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!

# TWELVE OAKS CONNECT

MARCH 2019



The Waltonwood Calendar has lots of activities to help you beat this endless “winter blues”. This time of year can be a difficult time for many of us as we are awaiting the nice warm weather to arrive but Mother Nature just keeps sending us ice and snow. Research has some suggestions to help you:

- 1. Get Enough Exercise.** Get moving! Research has shown that exercise can be a miracle worker when it comes to improving mood, overall health, mental sharpness, susceptibility to illness. Walking can be an excellent form of exercise. *Join us for Exercise with Chris (now at its new time 9:30 am), Fitness Center with Chris, Walking Club and Yoga*
- 2. Stay Connected and Maintain Your Social Calendar** Maintaining an active social calendar and networking with your friends can help overcome these symptoms: *cards and games, lunch outings, movies, tea time, happy hour events, birthday celebration and special events like our Taste of Waltonwood.*
- 3. Spirituality. Stay connected with God.** Our Bible Study is on hiatus but we still have plenty of opportunity for you to stay connected. Here at Waltonwood we serve many faiths so review your calendar for *Catholic, Protestant, Non Denomination and Jewish gatherings. As well as, Worship Music with Howard Meell on the 1<sup>st</sup> Monday of the month .*

- 4. Share your Feelings.** *Coping with Change and now 3 additional support groups have been added: Alzheimer's Support Group on the 1<sup>st</sup> Tuesday at 7:00pm, Caregiver Support Group on the 2<sup>nd</sup> Tuesday at 7:00pm and Bereavement Support Group on the 3<sup>rd</sup> Tuesday at 7:00 pm.*

*Excerpts from “How to beat the winter blues for Seniors” Luthercare.org.*



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## COMMUNITY MANAGEMENT

Alissa Gash  
Executive Director

Nicole McDonald  
Business Office Manager

Nicholas Lalios  
Culinary Services Manager

Alyssa “Lee” Tobias  
Independent Living Manager

Stefanie Roland  
Life Enrichment Manager

Stephan Skidmore  
Environmental Services Manager

Heather Laskos  
Marketing Manager

Parnell Kenan  
Marketing Manager

Barb Excel  
Resident Care Manager

Melissa Berg  
Wellness Coordinator



## ASSOCIATE SPOTLIGHT

Randi Furniss has worked at Waltonwood at 12 Oaks since September of 2013. She currently works as the Housekeeping Supervisor for the entire community.

When she's not at work, Randi loves to spend time with her kids and fiance. She also likes to go bowling with family and friends.

We are so lucky to have Randi as part of the Waltonwood Team!



01

Winter Carnival wrapped up this month with the "Polar Penguins" winning the grand prize - A gift card for a DQ Blizzard. Congratulations to Susan, Sandy, Pat, Trudy, Ruth & Ann

03

Love was in the air on Valentine's Day when 8 couples (2 Assisted Living) renewed their vows and said they would do it all over again!

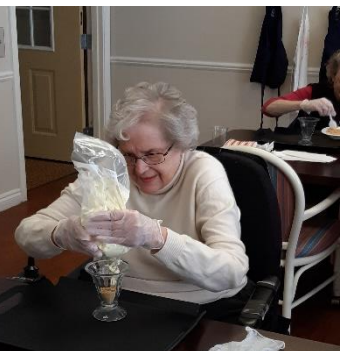
02

Barbara's 100<sup>th</sup> Birthday Celebration was a day filled with family, friends, her favorite food and music!



04

Always a good time when Nick provides us with a Hands On demonstration. This month, we made a Cherry Trifle in honor of our 1<sup>st</sup> President.



## TRANSPORTATION INFORMATION

Another great year of outings is in the works that will include local museums, events, eateries, concerts and seasonal activities. We welcome families to join us on the outings with your loved one. If you have any questions or fun ideas for outings please call Stefanie at 248-735-1030. Don't forget to sign up in the book located outside the Dining Room as soon as you are interested. Our bus fills up fast!

**March 1<sup>st</sup>: Mens' Club Chi-Town Model Train Museum & Lunch Excursion**

**March 5<sup>th</sup>: French Toast Bistro Lunch Outing**

**March 12<sup>th</sup>: Claddagh Restaurant Lunch Outing**

**March 19<sup>th</sup>: Ice Dancers & Lunch Excursion**

## MARCH SPECIAL EVENTS

1

A full day is planned to **celebrate Mardi Gras**. We will start the day by making our "masquerade masks", then head to the bayou for our Taste of Travel then end the day at a Masquerade Party

8

Make sure you wear your "green" because everyone is Irish today! We will combine our **March birthdays with our St. Patrick's Day party** for one amazing party with entertainment provided by Eugene Zwolak (don't let his name fool you)

15

Suzanne Bilek is back for another wonderful Educational Talk. This time she will share with us the "**New Neighborhood of old Corktown**"

28

**Taste of Waltonwood** is sure to be a crowd pleasing day filled with food demos, educational talks, crafts and "tasty" music selections performed by Daniel B



## FOREVER FIT - Focus on Health

### 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.

## EXECUTIVE DIRECTOR CORNER

Love was certainly in the air at Waltonwood in February! A special thank you to all the couples that participated in the vow renewal ceremony on Valentine's Day. It was incredibly touching to join you in renewing your commitment to each other and was certainly one of the most memorable days in my senior living career. Thank you for allowing us to share in these moments with you! We hope to make this an annual event in the community.

As you're getting this newsletter, I may already be out on maternity leave. Matt VanAuker, who is an Associate Executive Director for the Waltonwood Communities, will be filling in on a part-time basis while I am out on leave. I know I am leaving you in great hands with Matt and our department head team. I will see you all again in May!