



CHEF’S COOKING DEMONSTRATIONS

06 Fat Tuesday Paczkis

Each winter, metro Detroiters of all stripes look forward to the Polish Catholic tradition of stuffing their faces with a delicious Paczki!

20 Omelet Breakfast

Start the day right with a flavorful omelette made just for you!!

24 Spring Menu Starts

Spring is finally here! Our new spring menu has something for everyone!!

26 Taste of Waltonwood

Enjoy a first-class dining experience highlighting our seasonal spring menu.

IRISH SODA BREAD

A good old fashioned soda bread with just the basic ingredients. Buttermilk gives this crusty loaf a good flavor. The best Irish soda bread around!

Ingredients

- 4 cups all-purpose flour
4 tablespoons white sugar
1 teaspoon baking soda
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup margarine, softened
1 cup buttermilk
1 egg
1/4 cup butter, melted
1/4 cup buttermilk

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.

In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.

Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

-Chef Joel Vassallo, Culinary Services 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!

Celebrating Birthdays In March

Freida H. 3/1

Linda S. 3/3

Norma M. 3/19



FRIENDS & FAMILY REFERRAL PROGRAM!

CARRIAGE PARK CONNECT

MARCH 2019



2000 Canton Center Rd., Canton, MI 48188
www.waltonwood.com | 734-844-3060
Facebook: /WaltonwoodCarriagePark



ST. PATRICK’S DAY PARTY

We will be having a St. Patrick’s Day Party on Thursday, March 14th at 2pm Please join us for musical entertainment, green beer and a tasty dessert!

ST. PATRICK’S DAY TRIVIA

St. Patrick's revelers thought wearing green made one invisible to leprechauns, who would pinch anyone they could see (which was anyone not wearing green). People began pinching those who didn't wear green as a reminder that leprechauns would sneak up and pinch green-abstainers.

COMMUNITY MANAGEMENT

- Dustin Stolzman Executive Director
Terry Lobb Business Office Manager
Joel Vassallo Culinary Services Manager
Erin McGraw Life Enrichment Manager
Nichole Passmore Life Enrichment Manager
Annette Rogers Marketing Manager
JoAnn Mayher Resident Care Manager
Jeremy Meriwether Wellness Coordinator
Mike Burlett Maintenance Manager
Nathan Brown Independent Living Manager

ASSOCIATE SPOTLIGHT

Congratulations to Valencia Smith, our Associate of the Month! Since starting with Waltonwood Carriage Park, Valencia has been a consistent, hard-working, and reliable asset to our housekeeping team. She brings a positive energy to our community, truly providing service with a smile!

Thank you for making Waltonwood Carriage Park look good—literally!



FEBRUARY HIGHLIGHTS

01

Go Red for Women! We showed our support for heart health awareness by wearing red and enjoyed the red wine and dark chocolate social!

14

Our Craft Class this week featured Valentine's Day Corsages! They turned out great!



20

Wednesday nights are game nights! Everything from checkers to bingo is going on in the Activity Room!

24

We had a great time celebrating our February birthdays!



FOREVER FIT

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. 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 Grabowski, MS, Senior Forever Fit Manager

TRANSPORTATION INFORMATION

This month we continue to post a sheet near the mailboxes for families and residents to sign up for outings or other transportation. If you or your loved one would like to be included in an outing please be sure to sign up! Family members are welcome to attend too! Outings that require additional fees will be charged to the resident's account.

Note: If transportation is needed for an appointment, please confirm availability with the front desk.

MARCH OUTINGS

- **Wednesday Bus Rides**
Bus Rides will take place every Wednesday at 2:00pm, weather permitting. Locations will vary. All bus rides are subject to weather.
- **Lunch Out:** Join us as we head to 3 Brothers Restaurant for a delicious lunch! Lunch fees will be charged to resident's account. Bus loads 11:00am

***Please note that all outings are weather permitting.*

MARCH SPECIAL EVENTS

01

It's National Peanut Butter Lover's Day! Let's celebrate with some delicious Peanut Butter Pie!

07

Time to decorate our doors with shamrocks, rainbows and pots of gold! Craft class will feature door hangers today!

14

Celebrate a wee bit early! Get your green beer and join in the fun!

20

It's SPRING! Let's welcome in the new season with a ride to the rootbeer stand!



EXECUTIVE DIRECTOR CORNER

Spring is finally on the horizon, officially commencing on March 20th. With that we find ourselves preparing for another season of new beginnings and change. You will find a seasonal array of new items on our menu as we introduce our spring/summer menu on that date. You will begin to see more activities begin to become available to you outside of the community as well. It won't be long until our beautiful outdoors will be in full bloom! Until then, let's get through these final days of winter and enjoy a Shamrock Shake or two!