



**Celebrating Birthdays in March : No Birthdays this Month**

## CHEF'S COOKING DEMONSTRATIONS

**8** Sweet & Sour Meatballs

**15** Pears Helene with Chocolate

**21** First Day of Spring! High Tea with Finger Sandwiches & Cookies

**22** Chocolate Dipped Fruit

## CHEF'S SIGNATURE RECIPE

### Corned Beef and Cabbage

- 1 corned beef brisket (about 4 pounds) with spice packet
  - 2 tablespoons brown sugar
  - 2 bay leaves
  - 3-1/2 pounds small potatoes (10-15), peeled
  - 8 medium carrots, halved crosswise
  - 1 medium head cabbage, cut into wedges
- Place brisket, contents of seasoning packet, brown sugar and bay leaves in a large Dutch oven or stockpot; cover with water. Bring to a boil. Reduce heat; simmer, covered, 2 hours.
- Add potatoes and carrots; return to a boil. Reduce heat; simmer, covered, just until beef and vegetables are tender, 30-40 minutes. (If pot is full, remove potatoes and carrots before adding cabbage; reheat before serving.)
- Add cabbage to pot; return to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 15 minutes. Remove vegetables and corned beef; keep warm.
- Cut beef across the grain into slices. Serve with vegetables.

# TWELVE OAKS CONNECT

MARCH 2019



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## UPCOMING EVENT HIGHLIGHTS

**3/5 Mardi Gras Party**

**3/6 Ash Wednesday**

**3/7 Pet Therapy-Every other Thursday and Monday starting 3/25**

**3/14 St. Patrick's Day Party**

**3/26 Community Service-Making thank you cards for Novi Firefighters**

**3/28 Taste of Waltonwood**



## COMMUNITY MANAGEMENT

Alissa Gash  
Executive Director

Nicole McDonald  
Business Office Manager

Nicholas Lalios  
Culinary Services Manager

Alyssa Tobias  
Independent Living Manager

Alecia Greenberg  
Life Enrichment Manager

Stephan Skidmore  
Environmental Services Manager

Heather Lasko  
Marketing Manager

Parnell Kenan  
Marketing Manager

Barbara Exel  
Resident Care Manager

Melissa Berg  
Wellness Coordinator



**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!



## 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!



## TRANSPORTATION INFORMATION

**Please join us on Wednesdays for our Outings with your family member. Please Sign Up with Alecia or Judy.**

### March Outings:

**3/6 10:30 Novi Library**

**3/13 10:30 Petsmart**

**3/20 10:30 Novi Ice Dancers**

**3/27 10:30 Northville Florist**

## FEBRUARY HIGHLIGHTS

**07 Pet Therapy**

**14 Valentine's Day Party**



**20 Fox Run Singers**

**28 Chef Nick**



## MARCH SPECIAL EVENTS

**08 Music with Jimi K 10:30**

**15 Yoga with Tracy 10:30**

**20 Music with Joel 10:30**

**28 Taste of Waltonwood 1-4pm**



## FOREVER FIT/WELLNESS TOPIC

### 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!

-Alissa Gash, Executive Director