

TWELVE OAKS CONNECT

APRIL 2019

CHEF'S COOKING DEMONSTRATIONS

08 Spring Rolls

15 Vanilla Malts w/Fries

22 Pasta Bar

29 Baked Potato Bar

CHEF'S SIGNATURE RECIPE

Ingredients

6 eggs 1/4 cup mayonnaise 1 teaspoon white vinegar 1 teaspoon yellow mustard
1/8 teaspoon salt Freshly ground black pepper

Directions

1. Place eggs in a single layer in a saucepan and cover with enough water that there's 1 1/2 inches of water above the eggs. Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.
2. Crack egg shells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well.
3. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve.



Celebrating Birthday's in April

- Marthalee V
- Charles A
- Julia C
- Mary W
- Toni W
- Gust D
- Marion W
- Margaret F
- Joanne D
- Fran F



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!



UPCOMING EVENT HIGHLIGHT

April Fool's

**Elvis Impersonator Live
Concert**

Monday April 1, 2019

1:30-2:30pm

IL Dining Room



COMMUNITY MANAGEMENT

Alissa Gash
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Alyssa Tobias
Independent Living Manager

Monique Furniss
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

ASSOCIATE SPOTLIGHT

Norma has worked at Waltonwood Twelve Oaks since September 2016. She currently works in Laundry in our Independent Living community.

When she's not at work, Norma loves to spend time with her son. She also likes to go swimming with family and friends.

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



TRANSPORTATION INFORMATION

"Open" Bus Service Every Thursday

- ❖ **Doctor's visit**
- ❖ **Shopping Trips**
- ❖ **Emagine Theatre**
- ❖ **Restaurants**
- ❖ **Local Community Centers**



Doctor's visits will take priority over all other requests.

Please see Jacqueline 2 week prior to your appointment date so that she can confirm the request.

Jacqueline will make every attempt to accommodate your request.

Please join us on Friday's for our Outings, sign up book located in the Fireside Lounge.

MARCH HIGHLIGHTS

01 Mardi Gras Dance

Live Entertainment Tom & Allen

Novi Youth Council Sponsored!

05 Sundaes on Monday/Birthday Celebration

Wishing you a very Happy Birthday.

15 St. Patty's Day Celebration

Live Entertainment with Daniel!

19 Hot Cocoa Social

"Hot Chocolate is like a hug from the inside"



APRIL SPECIAL EVENTS

01 April Fool's

Elvis Impersonator Live Entertainment

05 Morley Sanders Chocolate Factory

Residents get to explore the factory and enjoy lunch at The Pantry.

08 Sundaes on Monday/Birthday Celebration

Wishing you a very Happy Birthday.

18 Easter Egg Scavenger Hunt

Explore the community to find the GOLDEN EGG!



FOREVER FIT/WELLNESS TOPIC/LE

The Power of the Sun

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step outside and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

EXECUTIVE DIRECTOR CORNER

With April here, hopefully the snow and cold is behind us! While I have had the opportunity to meet many of you already, I would like to introduce myself while I fill in part-time during Alissa's absence. Please feel free to stop by and say hello when you see me in her office. I look forward to getting to know everyone over the next couple months.

Happy Spring!

Matt VanAuker