



WHAT’S COOKING? WITH CHEF SEAN

5/1

Old Fashioned Sour-Cream Cookies

5/8

Baked Pickle Chips

5/15

Mini Pizzas

5/22

Carol’s Pringle Cookies

GAZPACHO

- 1 large cucumber, peeled, seeded and small diced
- ½ green bell pepper, small diced
- ½ red bell pepper, small diced
- ½ sweet onion, small diced
- 14 ounce can of petite diced Italian Plum Tomatoes
- 1 cup tomato juice
- 1 clove fresh garlic
- 3 Tablespoons fresh parsley
- 2 Tablespoons fresh basil
- 1 cup good quality Italian Vinaigrette
- Salt and fresh black pepper to taste

Place half of the diced cucumber, red pepper, green pepper, onion and canned tomatoes in a food processor and blend until smooth. Add tomato juice, garlic, parsley and basil and blend until smooth. Pour pureed mixture into a bowl and whisk in Italian Vinaigrette. Add in remaining diced vegetables and season with salt & pepper. Garnish with garlic croutons and sour cream.

-Chef Sean McNally

MAY BIRTHDAYS

- Mark 5/15
- Jennie 5/19
- Glen 5/23



\$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!

MAIN MC CONNECT

MAY 2019



It Might As Well Be Spring

Mother’s Day is this month and that means it is time to begin planting our courtyard garden! We are going to pick up flowers, herbs, and plants on Monday May 13th at 1:45PM. Did you know that regular gardening has a lot of health benefits? Here are 6 surprising benefits according to organiclesson.com:

1. Gardening Strengthens the Immune System.
2. Gardening Provides Stress Relief.
3. Gardening Offers a Workout.
4. Gardening Elevates Happiness.

5. Gardening Stimulates the Brain.
6. Gardening Encourages a Healthier Diet.

Last summer, we grew a garden bursting with zucchini, cucumbers, kale, and parsley. This year, we are going to grow our garden even larger and include more herbs, flowers, berries, and anything else you would like to try! This season, please get your hands dirty and join us in creating a beautiful and delicious community garden.



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COMMUNITY MANAGEMENT

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Executive Director

Kelly Kaspor, RN
Resident Care Manager

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

Liz McMurtrie, CTRS
AL Life Enrichment Manager

Kathleen Colonello
MC Life Enrichment Manager

David Mantels
Maintenance Supervisor

Kathy Klaus
Marketing Manager

Natoria Wheeler
Wellness Coordinator

Jonathan Hills
Wellness Coordinator

DESTINY PREWITT-WELLS

Destiny was born on October 22, 1993 in Detroit, Michigan. She is the youngest of 3 siblings (2 brothers and 1 sister). Her Mother was a nurse and her Dad is a basketball coach. Destiny went to Allen Academy and Parkand High School. She plays softball every weekend! Destiny has a two year old son. Her favorite movie is “the Wood,” and in her free time she enjoys shopping and taking her son to the park. Destiny likes working at Main because of her friendship with the residents. Her biggest accomplishment is getting accepted into nursing school! Someday, Destiny would like to visit China.



APRIL HIGHLIGHTS

01

Wildlife Webber Museum

02

Puppy Yoga



03

Easter Crafts with Monic's Girl Scout Troop

04

Hoppy Easter Pancake Breakfast and Egg Hunt



NATIONAL SENIOR HEALTH AND FITNESS DAY

On Wednesday May 29th join over 100,00 other older adults across the country as we celebrate *National Senior Health and Fitness Day*. Now in its 26th year, this annual celebration highlights the impact that staying healthy and fit has on our overall wellness as we age. This year's theme “Live and Thrive with Exercise”, shifts the focus squarely onto the role that regular exercise plays in maintaining our health and independence. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise while finding creative ways to incorporate it into your daily routine. From group classes to fitness center training and everything in between the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 29th join us as we celebrate National Senior Health and Fitness Day and show what it means to truly “Live and Thrive with Exercise.” Chris Grabowski, MS | *Senior Forever Fit Manager*

TRANSPORTATION INFORMATION

We love to get out and about at Waltonwood Main! You are always welcome to join your family members on outings! The more the merrier! Please let Kathleen or MC Reception know you are coming, so we can adjust seating accordingly.

May Outings:

- | | | |
|--------|---------|--------------------------------------|
| • 5/2 | 1:45PM | Petco Outing |
| • 5/6 | 10:30AM | Sunny Scenic Drive |
| • 5/9 | 10:30AM | Bruegger's Coffee Chat |
| • 5/13 | 1:45PM | Plant Pickup at Bordine's |
| • 5/20 | 1:30PM | Feed the Birds at the Rochester Park |
| • 5/23 | 1:45PM | Boat Watching at Stoney Creek |
| • 5/30 | 10:30AM | Lunch at Frankenmuth |

MAY SPECIAL EVENTS

5/3

Making Kentucky Derby Hats at 11AM.

5/13

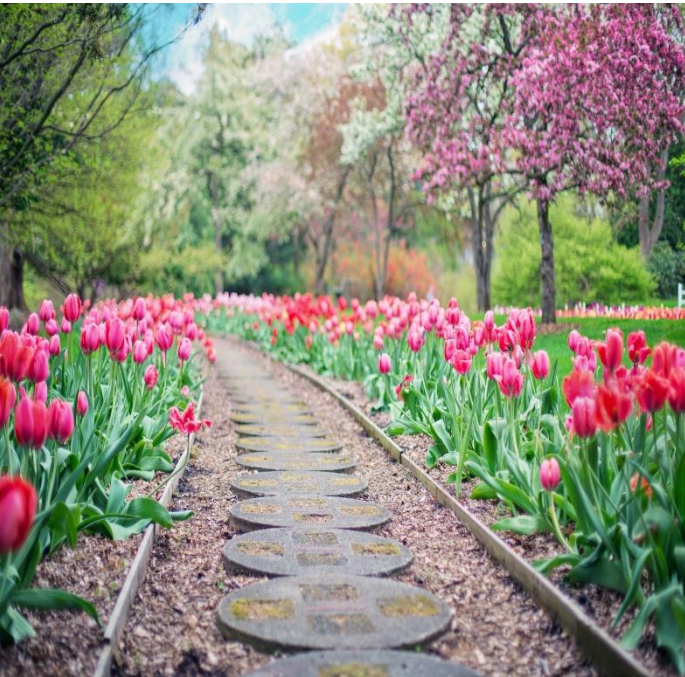
Plant pickup at Bordines for our Summer garden! Depart at 1:45PM.

5/15

Creative storytelling with Timeslips at 1:30PM.

5/30

Lunch outing to Zhenders of Frankemuth. Depart at 10:30AM.



EXECUTIVE DIRECTOR CORNER

Did you know that....? In 1976, Michigan's own, President Gerald Ford proclaimed May to be “Older Americans Month?”

Well, me neither. Every year in May, Older Americans Month recognizes the contributions of older adults across our great nation. While raising families and building careers, older Americans also gave back to their communities in a variety of ways. In their lifetime, communication has changed dramatically from only radios, to television, to computers and now smartphones. They have witnessed and volunteered in 5 wars/conflicts, seen men walk on the moon, and even a Hollywood Star has become president. Although the times have changed, older Americans continue to volunteer and serve in their communities and neighborhoods in their own ways. Whether they mentored a child, volunteered at a soup kitchen or served their country, each one deserves our recognition for their commitment.

Older Americans Month also serves to raise awareness concerning elder abuse and neglect. As we age, the risk of abuse and neglect increases. We must be sure resources are in place to protect our older population from risks of abuse and neglect. One way is to maintain involvement in community activities and social activities. It helps to maintain our overall health and vitality. So take part in Older Americans Month no matter what your age! – Lance Helton | *Executive Director*