



CHEF’S COOKING DEMONSTRATIONS

07

Rigatoni Pasta Station in the Dining Room

21

Baked Potato Bar in the Dining Room

14

Bananas Foster Station in the Dining Room

31

Beef Stir Fry Station in the Dining Room

CHEF’S SIGNATURE RECIPE

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.

MAY BIRTHDAYS

Anne D. 5/1

Les R. 5/8

Giovanni B. 5/12

Ken B. 5/24

Audrey T. 5/27

Dorothy C. 5/30



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!

MAIN CONNECT

MAY 2019



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COMMUNITY MANAGEMENT

Lance Helton
Executive Director

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Culinary Services Manager

David Mantels
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Liz McMurtrie, CTRS
Life Enrichment Manager
Assisted Living

Kathleen Colonello
Life Enrichment Manager
Memory Care

Kathy Klaus
Marketing Manager

Kelly Kaspor, RN
Resident Care Manager

Natoria Wheeler
Wellness Coordinator

Jon Hills
Wellness Coordinator

SPRING HAS SPRUNG!

It's May and that means it is time to begin planting our courtyard garden! We are going to pick up flowers, herbs, and plants on Tuesday, May 28th at 1:45PM and hope you can join us! 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.

This year, we aim to plant some potted veggies and flowers, herbs and veggies in our raised beds! Please join our Garden Club, get your hands dirty and delight in all the benefits of creating and eating from a beautiful and delicious community garden.

ASSOCIATE SPOTLIGHT

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

04

Associates, Monic, Andrea and Patty cheer on the Tigers to an Opening Day WIN!

13

Residents enjoy the animals and the Easter bunny (resident, Sue) at our Annual Easter Event!

09

Resident, Delores, poses with her daughter in front of the elephant at the Webber Wildlife Museum.

17

Residents enjoy learning about a heart healthy diet and exercise from Med tech, Caitlin, and her OCC nursing classmates.



NATIONAL SENIOR HEALTH & FITNESS DAY

On Wednesday May 29th join with 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 for a walk at beautiful and scenic Rochester Park as we celebrate National Senior Health and Fitness Day and show what it means to truly “Live and Thrive with Exercise.”

TRANSPORTATION INFORMATION

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John's Lutheran and St. Andrew's Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles. Check out our group outings this month and be sure to join us!

- May 1st—Shopping at the Dollar Tree and Walgreen's, 3:00pm
- May 6th—Music & Humor Variety Show, Young at Heart, at Meadowbrook Theater, 1:00pm, \$13
- May 7th—Tour of Shrine of the Little Flower Catholic Church, 2:15pm
- May 8th—Lunch Outing to Paul's, 11:00am
- May 14th—Wine & Cheese Tasting at The Cheese Lady in Rochester, 2:00pm, \$15 (no wine), \$25 with wine pairing
- May 15th—Scenic Drive with Rootbeer Floats at Ortonville A&W, 3:00pm
- May 21st—Movie Outing, TBA
- May 22nd—Frozen Custard Outing to Erma's, 3:00pm
- May 28th—Garden Club Outing to English Gardens, 1:45pm

MAY SPECIAL EVENTS

06

Enjoy an afternoon of music & humor from the heart at Meadowbrook Theater. See Liz for tickets (\$13).

17

Holy Family 1st Graders visit to sing, share a craft and a snack with us at 1:30 in the Activity Room!

08

The Belles and a Beau, perform an English Handbell Concert at 3pm in the café.

28

Join the garden club for an outing to English Gardens to pick out plants,herbs and flowers for our garden!



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, times have 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 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 mentor a child, volunteer 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