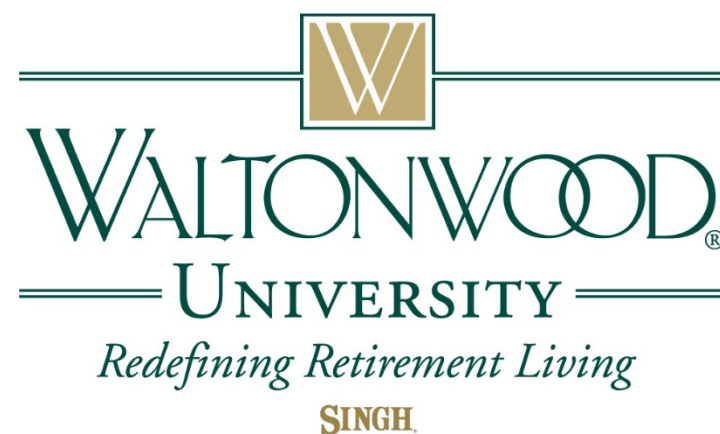


UNIVERSITY CONNECT

MAY 2019



3250 Waltonwood Blvd, Rochester Hills, MI
www.waltonwood.com | 248-375-2500
Facebook: /WaltonwoodUniversity



COMMUNITY MANAGEMENT

Matthew Cortis
Executive Director

Jenny Smith
Business Office Manager

Jason Booker
Culinary Service Manager

Stephanie Gillespie
Life Enrichment Manager AL

Lea Caruso
Life Enrichment Manager IL

Greg Ginter
Maintenance Supervisor

Sara Bennis
Housekeeping Supervisor

Shawna Reyst, R.N.
Resident Care Manager

Ashlie Tipton
Wellness Coordinator

We Honor You Today

To all of our veterans
Far and near.
We thank you for your service
For all those years.

You sacrificed your time,
And some gave your life.
You preserved our freedom
By willingly paying the price.

Many of you
Were sent overseas.
You were wounded in battle
With scars and disease.

But courageous and brave,
You weathered the storm.
You faced every battle
With faith and beyond.

We honor you with joy
For all that you've done.
You stood strong for our country,
For our daughters and sons.

So no one stands alone,
We walk hand in hand.
Remember, we are with you.
Together we shall stand.

We salute you today.
Hear what we say.
Let our words speak eloquently
In this special way.

On this day,
Let us express our love and thanks
For the sacrifice you paid.
You served in honor
For many years and days,
And we will never forget
How you were strong and brave.

ASSOCIATE SPOTLIGHT

Diane Ghaleb is one of our concierges. She started working at Waltonwood University as a caregiver in 2006. She loved working with our residents as a caregiver. She said her favorite part is getting to know the residents and their families. She moved into the concierge position in 2017. She works full time on our assisted living side, as well as occasionally on our independent living side. Diane is married and has 6 children, 12 grandchildren, and one great granddaughter. Diane enjoys reading, gardening and just getting to spend time outdoors, except in the winter!



APRIL HIGHLIGHTS

12

Beer of the Month
Men's Club

15

Birthday party!



16

Glee Club with Daniel

23

Wii bowling tournament



Forever Fit: National Senior Health and Fitness Day

On Wednesday May 29th join with over 100,000 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."

TRANSPORTATION INFORMATION **Bus Transportation # 248-989-0102**

If you are interested in an outing that you see on the calendar, please visit the front desk and ask for the sign up book.

- May 2nd Walmart & Meijer Shopping at 10:30 am
- May 6th Casino at 10:00 am
- May 9th Walmart & Meijer Shopping at 10:30 am and Dollar store at 1:30 pm
- May 13th CVS/Banking-Shuttle at 10:30 am
- May 14th Mother's Day Bingo with Pomeroy Living at 12:30 pm
- May 16th Walmart & Meijer Shopping at 10:30 am
- May 19th Avon Theatre Play at 1:30 pm
- May 21st Alibi Lunch Bunch at 12:00 pm
- May 23rd Walmart & Meijer Shopping at 10:30 am and Detroit Bar & Grille Happy Hour at 3:30 pm
- May 30th Walmart & Meijer Shopping at 10:30 am
- May 31st Lunch & Bowling at 11:30 am

MAY SPECIAL EVENTS

01

May 2nd at 3:30 p.m.

Happy hour with Pomeroy

02

May 10th at 1:00 p.m.

Join us in the Campus Room
for a Mother's Day Tea.

03

April 13th at 1:00 p.m.

Birthday party with music by Billy
McAllister

04

April 14th at 12:30 p.m.

Bird show with Rainbow
Feathers Bird Club and
Rescue



EXECUTIVE DIRECTOR CORNER

SPRING is finally here in Michigan. Our community is excited to spend time with you and your loved ones out in our beautiful courtyards. Our Life Enrichment team is creating many exciting activities that we will all enjoy outside together. Lea Caruso will be joining the management team as Life Enrichment Manager of Independent living. If you would like to join your loved one during any activity, please let Lea know. You can locate our monthly activity calendar on our web page under newsletters and events section.

Matthew J. Cortis, Executive Director

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CHEF'S COOKING DEMONSTRATIONS

01

Yogurt Parfait Bar

02

Burrito Bar

03

Sundae Bar

04

BBQ Meat Cart

Celebrating Birthdays In May

10th Carol F

13th Mildred M

16th Norma S

17th Carol M

20th Darlene D

24th Grace S

24th Marilyn Y

31st Paul H

CHEF'S SIGNATURE RECIPE

SPRING CORN SALAD

INGREDIENTS

- 3 cups raw corn kernels (from about 4 cobs)
- 1 medium tomato, chopped (about ½ cup)
- ¾ cup chopped green onion
- 1 cup quartered and thinly sliced cucumber (preferably English cucumber)
- ½ cup chopped fresh leafy herbs (choose from basil, dill, mint, parsley and/or cilantro)
- ½ cup chopped radishes
- 1 medium jalapeño, very thinly sliced (omit if sensitive to spice)
- ¼ cup extra-virgin olive oil
- 1 tablespoon red wine vinegar or white wine vinegar, to taste
- 2 medium cloves garlic, pressed or minced
- ½ teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste
- ⅓ cup crumbled feta cheese or 1 ripe avocado, diced

INSTRUCTIONS

1. In a large serving bowl, combine the corn, tomato, green onion, cucumber, herbs (don't skimp on the herbs!), radishes, and jalapeño.
2. In a liquid measuring cup or small bowl, combine the olive oil, vinegar, garlic, salt and several twists of black pepper. Whisk until blended, then pour it over the salad. Toss to combine.
3. Add most of the feta or avocado (reserve some for garnish), and gently toss. Taste, and add more vinegar for more tang (I usually add another full tablespoon), or salt for more overall flavor. Garnish with the remaining feta or avocado.
4. Serve promptly, or chill for later. This salad keeps well for 3 to 4 days in the refrigerator, covered.

\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!