



## May Birthdays

5-2	Ruth B
5-9	Bernie S
5-12	Joan W
5/23	Lincoln A

**May  
Birthday Celebration**  
**May 10th– 3:00pm**  
**Piano Area**  
**(all are welcome)**



FRIENDS & FAMILY REFERRAL PROGRAM!

## CHEF’S COOKING DEMONSTRATIONS

07

Arancini with Pomodoro Sauce - Lunch

14

Lamb slider with feta and cucumber on a Brioche Bun - Lunch

21

Philly Steak Bar - Lunch

29

— Senior Health & Fitness Day

“How Waltonwood Determines the Menu”  
along with a dessert demo – 11:00 am

## CHEF’S SIGNATURE RECIPE

### Harissa Chicken

Serves 3

2 Tbl harissa  
4 ½ Tbl extra-virgin olive oil  
3 tsp kosher sea salt  
¾ tsp freshly ground black pepper  
½ tsp ground cumin (optional)  
3 chicken thighs  
3 chicken legs  
1 clove garlic, peeled & minced  
lemon or lime juice  
1 cup mix of fresh herbs (such as parsley, mint, dill, tarragon – coarsley chopped)

1-1/2 lb roasting potatoes, peel & cut into 1-1/2” cubes  
2 leeks, sliced lengthwise & thinly sliced crossways  
grated zest of 1 lemon  
½ cup plain yogurt

#### Directions:

1. In a large bowl, mix together the harissa, 3 tablespoons of the olive oil, cumin, 2 1/2 teaspoons of the salt, and 1/2 teaspoon of the black pepper. Add the chicken and potatoes, then rub the thighs and legs and potatoes with the marinade. Let stand for 30 minutes at room temperature.
2. In a medium bowl, toss the leeks together with the lemon zest, 1/4 of the salt, and the remaining 1 1/2 tablespoons of olive oil.
3. Preheat the oven to 425°F. Adjust the oven rack to the center of the oven.
4. Transfer the chicken and potatoes, and any sauce in the bowl, onto a large rimmed baking sheet. Arrange the chicken pieces so they are skin side up, and make sure the chicken parts and potatoes are in a single layer. Bake for 20 minutes.
5. Remove the baking sheet from the oven. Toss the potatoes (so they can brown on the other sides of them) then strew the leeks over everything on the baking sheet. It may look like a lot, but they'll bake down.
6. Bake until the chicken is cooked through, another 20 to 25 minutes. While the chicken is cooking, in a small bowl, mix the yogurt with the garlic, the remaining salt and pepper, and a squeeze of lemon or lime juice. Remove from oven, spoon yogurt sauce over chicken. Top with fresh herbs and serve.

## \$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!

# TWELVE OAKS CONNECT



27475 Huron Circle, Novi, MI 48377  
[www.waltonwood.com](http://www.waltonwood.com) | 248-735-1030  
Facebook: /WaltonwoodTwelveOaks



### May is the Month of Memories

We start the month by reminiscing about our Mother on **Mother’s Day**. This special woman, whom we call Mom, is so deserving that here in the United States we set aside the second Sunday of May to honor them. We believe here at Waltonwood that 1 day is not enough to recognize motherhood and all the motherly figures who have shaped our lives. So, please join us on May 4<sup>th</sup> as we will have a special Brunch to honor these wonderful ladies of Waltonwood.

*Of all the gifts  
That life has to offer,  
A loving mother  
is the greatest of them all  
-unknown-*

Then, on **Memorial Day**, the last Monday of May, we remember and honor those who have died while in the armed forces.

*Our debt to the Heroic Man and Valiant Women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.  
-President Truman-*

## COMMUNITY MANAGEMENT

Alissa Gash  
Executive Director

Nicole McDonald  
Business Office Manager

Nicholas Lalios  
Culinary Services Manager

Randi Furniss  
Housekeeping Supervisor

Alyssa “Lee” Tobias  
Independent Living  
Manager

Stefanie Roland  
Life Enrichment Manager

Stephan Skidmore  
Maintenance Supervisor

Heather Laskos  
Marketing Manager

Barb Excel  
Resident Care Manager



## ASSOCIATE SPOTLIGHT

**Frida T. Hanable** has worked at Waltonwood Twelve Oaks for 8 years. She was a full time caregiver in the Assisted Living community for 3 years but for the last 5 years her main focus has been in Memory Care. She is a peer mentor, that has won 6 different awards including the Service Excellence Award twice! Frida loves helping the elderly and it shows!

Frida was born in East Africa in the country of Tanzania. In Africa there are different tribes, her family is a member of the Chagga Tribe, which is under the highest mountain, Kilimanjaro. She has lived in the United States for 20 years, but goes home every year to visit her family. She has been married to Hampton for 15 years. He is an Engineer. Frida has two children, Frida was a teacher in Africa, but decided to change careers and work with the elderly, And, we are so grateful that she did!



## TRANSPORTATION INFORMATION

Another great month of outings is in the works that will include local museums, events, eateries, concerts and seasonal activities. We welcome families to join us on the outings with your loved one. If you have any questions or fun ideas for outings please call Stefanie at 248-735-1030. Don't forget to sign up in the book located outside the Dining Room as soon as you are interested. Our bus fills up fast!

### Kroger Grocery Store – 9:30 am every Tuesday in April

5/7	11:30	“Gus’s Chicken” Restaurant
5/7	3:00	\$1.00 Store
5/14	11:15	Lunch & Pewabic Pottery Museum
5/21	11:30	Men’s Club: Burgers & Beer
5/21	3:00	Walk at Mayberry Park
5/28	11:15	Picnic & Island Queen Boat

## MAY SPECIAL EVENTS

01

**Elvis was in the house!!** All three communities enjoyed an afternoon of music by the King of Rock and Roll! April Fool's, it was only an impersonato but fun was had just the same.



02

Our **Passover** celebration was hosted by Rabbi Susskind. He did a wonderful job explaining all the symbolism in the Seder meal but the event was extra special do to the children who came to celebrate with the residents.



03

Our “Bridging the Generations” event was a huge success when the **Lutheran High School students** spent the morning with the residents participating in wii bowling, balloon volleyball, lunch and the Q&A session.



04

Our residents enjoyed another educational talk hosted by the **Detroit Institute of Art** in “Your **DIA (R)evolution**” where they learned about the evolution of our prestigious building and significant art collection.



2<sup>nd</sup> & 3<sup>rd</sup>

**WTO Derby Fever** has hit the community. On Thursday, the ladies will be decorating their hats just in time for race day on Friday afternoon. Come place your bets and cheer on your favorite horse!

9

Wayne County Parks & Rec will be here for another great **Educational Talk on “Nature’s Superheros”**.



11<sup>th</sup> & 25<sup>th</sup>

The Arts will be in full bloom this month with a visit from **Amy’s Ballet DanCenter** and with the **DIA Education Talk: “In the Garden”**

29

Join us for our **Senior Health & Fitness Day**, which will be filled with educational talks, food demos and activities all to keep you in continued good health.

## FOREVER FIT - Focus on Health

### National Senior Health and Fitness Day

On Wednesday **May 29<sup>th</sup>** join with over 100,00 other older adults across the country as we celebrate National **Senior Health and Fitness Day**. Now in its 26<sup>th</sup> 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 29<sup>th</sup> join us as we celebrate National Senior Health and Fitness Day and show what it means to truly “Live and Thrive with Exercise.”**

## EXECUTIVE DIRECTOR CORNER

Welcome May and Happy Mother's Day! Please make sure to RSVP for our annual Mother's Day Brunch on Saturday, May 4<sup>th</sup>, we would love for you and your family to join us!

I would like to announce that Waltonwood Twelve Oaks has a new addition to our management Team. Mekisha Stovall recently started as our Assisted Living Wellness Coordinator. Mekisha has worked in a variety of healthcare settings over the last 22 years, most recently at Waltonwood since 2015. Earlier this spring she completed the LPN program at Dorsey Schools Wayne Camput. When not working, Mekisha enjoys spending her free time with her two children. Please join me in welcoming, Mekisha to Waltonwood Twelve Oaks!

