

CHEF'S SIGNATURE RECIPE

Squash Pasta

- 1 red bell pepper chopped
1 zucchini, sliced
1 red onion, chopped
1 can of sliced black olives, drained
1 can of artichoke hearts, drained
¼ cup of chopped fresh broccoli
½ lb of pepperoni, sliced
½ lb of mozzarella cheese, shredded
2 cups grated parmesan cheese
1 clove of garlic, chopped
Salt and pepper to taste
1. Bring a pot of water to a boil. Add Pasta and cook 8 - 10 minutes or until al dente; drain and rinse under cold water.
 2. Combine pasta, red pepper, zucchini, onion, olives and artichoke hearts, broccoli, salami, pepperoni, salami, and mozzarella cheese. Toss until well mixed. Pour on 1 Cup of the dressing and mix well. Cool in the refrigerator until ready to serve.
 3. When ready to eat, toss with remaining cup of dressing, parmesan cheese, parsley, salt, pepper and garlic. Garnish with tomato wedges and enjoy!

By Lakeside’s Chef Paul Gilleran

CHEF COOKING STATIONS

- | | | |
|---|--|--|
| 01
Lunch Pasta
Chose your favorite Pasta. | 08
Omelette Bar
Omelettes made your way! | 29
Burger Bar
A burger with the works! |
| 15
Taco Bar
Everybody loves tacos! | 29
Baked Pasta Bar
Who can say no baked Pasta. | |



CELEBRATING BIRTHDAYS IN MAY,

17 Ron B.

It’s sad to grow old, but nice to ripen.

~Brigitte Bardot



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!

LAKE SIDE CONNECT

MAY 2019



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www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside



MAY

HAPPY MAY TO YOU AND YOURS!

As we enter into this new month, we hope for clear skies, sunny days, and warm weather. During this month of May we are looking forward to inviting you and your family here for our annual Mother’s Day Luncheon. The luncheon will be held on Saturday, May 11th. There are two seatings to choose from; 11 A.M. or 1 P.M. Please, we ask for two guest per apartment, each guest costs \$15.00. Please see Mary at the IL front desk to let her know which seating you wish to attend. R.S.V. P’s are due no later than Friday, May 5th. Please see Jennifer with any question or concerns. Again, we would like to wish our residents, families, and associates a very happy Mother’s Day!

You may have noticed a new face around the building, Lauren Vollmer! She joins our Marketing team, working alongside of Courtney. So please give her a warm welcome!

This summer promises to be filled with much to do. So, get ready to save some dates; so, you do not miss out on some exiting events.

- May 24 Memorial Day Party
- June 7 Father’s Day Cookout
- June 21 Longest Day Party at Metro Beach
- July 31 Camp Waltonwood

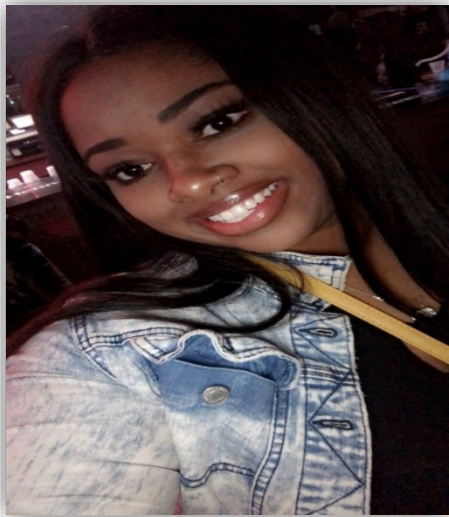
Hope to see you there!

COMMUNITY MANAGEMENT

- Greg Cossaboom
Executive Director
- Meghan Kahm
Business Office Manager
- Paul Gilleran
Culinary Services Manager
- Nicole Gavas
Independent Living Manager
- Jennifer Murray
Life Enrichment Manager (AL)
- Tonya Wilson
Life Enrichment Manager (MC)
- Jenna Durlock
Life Enrichment Manager (IL)
- Mo Martinez
Environmental Services Manager
- Courtney Rocho
Marketing Manager
- Marissa Walker
Resident Care Manager
- Hailey Krajacic
Wellness Coordinator

Associate SpotLight
Charnette Tate

Congratulations Charnette! Charnette is a member of our Resident Care Team. Charnette has been a med-tech and caregiver at Waltonwood Lakeside since March 2016. She works afternoon shift and ensures that our resident's receive the best possible care. She is currently going to school and is pursuing a career in nursing. Charnette has recently been promoted to our new supervisor in charge (SIC) positions. We appreciate all she does for the resident's and our community. Congratulations Charnette!



APRIL HIGHLIGHTS

08

AL Garden Club

Our garden Club has resumed. There was a great turn out of green thumbs. Please join us, all are welcome.

2

A Trip to the Bass Pro Shop

A visit to the Bass Pro shop wand a bite to eat at the Rain Forest Café. A great time was had by all.

24

Thursday Entertainment

Join us on Thursday for live entertainment and yes some dancing too.

26

Painting Class

You do not have to be an artist to to join one of our painting classes. Bring a happy heart and a willingness to tap in to your creative side.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

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.”
`Chris Grabrowski, Senior Forever Fit Manager.

TRANSPORTATION INFORMATION

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, sign up is located at the front desk and is required. Family is welcome join us on an outing, so please consider attending, the more the merrier. Additionally, we carefully plan our outings based on resident’s interests, to provide continued success in the community at large.

Destinations:

- 1 Movie/Amc Forum 30
- 10 Books & Brews Restaurant
- 14 Healing Mass St. Hugo of the Hills & Lunch
- 15 Justamere Horse Farm & Lunch
- 17 Woodward Cruise & Louis Pizza
- 29 Movie/Amc Forum 30
- 31 Oxford Montessori Academy & Lunch

MAY SPECIAL EVENTS

02

Kentucky Derby Party

Let’s celebrate the upcoming Kentucky Deby. What Lucky horse do you think will win?

05

Cinco De Mayo Social

Join us as we celebrate this festive day with a magariita!

11

Mother’s Day Social

Let’s honor those special women in our lives we call Mom!

24

Community Memorial Day Party

Join us as we remember and honor those brave men and women we lost.



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends,
Happy May to everyone! We have made it through the proverbial April showers, so hopefully we will see some wonderful May flowers very soon.
We are looking forward to getting outside as we get some consistent nice weather, and will have more opportunities to do outdoor activities very soon.
We had such a nice time with all of you at our Easter Celebration, and are excited to see all the mothers and other family members that come in for our event on May 11th. Please RSVP at the Independent Living front desk if you plan to come.
I hope everyone has an exciting, action packed, and safe month ahead. Summer is right around the corner, which means sunshine and FUN!
Sincerely,
Greg Cossaboom, CALD
Executive Director