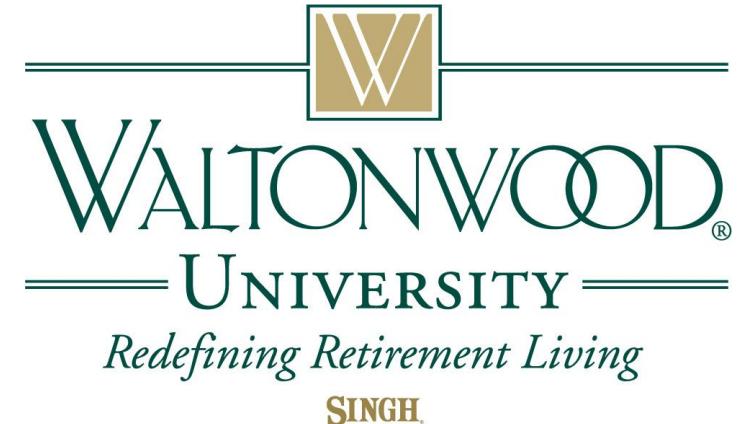


UNIVERSITY CONNECT

MAY 2019



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



Mommy

You brushed my hair and tucked me in,
Made me laugh for hours on end.
You kissed my boo-boos when I fooled around.
Mommy, you never let me down.

You held my hand as I got my shots
Then took me for ice cream that hit the spot.
You bought me Polly Pockets and Barbies, too.
Mommy, there's no one quite like you.

You held my hand as I walked through the door,
Then you met my teacher as I stared at the
floor.

You told me it'd be fun and I'd make friends too,
And for that reason, Mommy, I love you.

You listened to me talk about the drama and
boys
Then taught me how to handle it with class and
poise.
You spoke with wisdom and of things you know.
You love to hear me say, "Mommy, you told me
so."

You love the me with all you heart,
And you're kind and gentle and pretty and smart.
If I could be anyone, I'd pick you,
'Cause, Mommy, the world would be better with
two of you.

You've taught me so much, with more in store,
And with each day that passes, I love you more.

COMMUNITY MANAGEMENT

Matthew Cortis
Executive Director

Jenny Smith
Business Office Manager

Jason Booker
Culinary Service Manager

Sara Benns
Housekeeping Supervisor

Stephanie Gillespie
Life Enrichment Manager AL

Lea Caruso
Life Enrichment Manager IL

Greg Ginter
Maintenance Supervisor

Ashlie Tipton
Wellness Coordinator

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 in 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

02 08

We enjoyed a fun game of UNO!

We made some yummy rice crispy nests with chocolate eggs.



16 24

We had fun dancing with Lori from 2nd chance to dance!

We enjoyed a beautiful walk in the park!



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 Transporation # 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.

Wednesdays are Assisted Living Outing days. The bus is available for transportation to doctor appointments by calling the bus phone to schedule with one of our drivers. A family member is required to accompany an assisted living resident to a doctor appointment. Our two drivers are David and Cassie.

May 1st at 11:30am lunch outing to TGI Fridays

May 8th at 1:30pm to go bowling

May 15th at 11:30am lunch outing to Buffalo Wild Wings

May 22nd at 1:30pm to go to the Movies

May 29th at 11:30am lunch outing to Bravo

MAY SPECIAL EVENTS

08 1:30pm

Bowling at Classic Lanes.

10 1pm

Celebrating all of the Waltonwood
Moms with a Mother's Day Tea!

13 2:30pm

Frank Sinatra music with Billy.

21 11:15am

Craft: Air dry clay modeling



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. If you would like to join your loved one during any activity please let Stephanie, Life Enrichment manager know. You can locate our monthly activity calendar on our web page under newsletters and events section. Lea Caruso will be joining the management team as Life Enrichment Manager of Independent Living.

Matthew J. Cortis, Executive Director



Celebrating a Birthday In May!

Tom – 5/13

Bilha – 5/22

CHEF'S COOKING DEMONSTRATIONS

01

Yogurt Parfait Bar

02

Burrito Bar

03

Sundae Bar

04

BBQ Meat Cart

CHEF'S SIGNATURE RECIPE

SPRING CORN SALAD

INGREDIENTS:

- 3 cups raw corn kernels (from about 4 cobs)
- 1 medium tomato, chopped (about ½ cup)
- ¼ 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
- ½ 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!