

UNIVERSITY CONNECT

JULY 2019



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COMMUNITY MANAGEMENT

Matthew Cortis
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Betsy Weakland
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Happy 4th of July!

Barbecues and fireworks, flags and parades, Independence Day evokes so many images of the American summer. Its original purpose to celebrate the birth of the American nation on July 4th, 1776 has given way to festivities that celebrate both America and the lives and freedoms that the accomplishments of American Independence have allowed.

The commemoration of the signing of the Declaration of Independence is a time not only to reflect on what happened at America's founding but also to look again at the nation's values and recommit oneself again to those ideals.

ASSOCIATE SPOTLIGHT

Hi! My name is Betsy Weakland, and I am the new Marketing Manager. At home, I have a full house! I have a husband, 4 year old son, 8 year old step-son, and 11 year old step-daughter. We also have two cats and a pet hedgehog! I love reading, watching movies, and traveling. I attended Kalamazoo College, where I earned my degree in Political Science and Mandarin Chinese. I am a true animal lover - and I actually used to work for the Michigan Humane Society!

Although I've worked in consumer product marketing for over a decade, I am new to working with senior living communities - but, I am really enjoying it so far! I truly believe this is a wonderful community with people who really care about each other, and I am so glad to be part of it!



JUNE HIGHLIGHTS

10

We made some delicious homemade salsa!

11

We planted some flowers and vegetables in our courtyard!



14

We celebrated our father's at a Father's Day cook out!

20

We had fun doing some Wii bowling!



Forever Fit: Healthy Hydration

Healthy hydration habits are important any time of the year but they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and fit in the months to come. Making sure there's always fluids nearby to drink throughout the day, eating plenty of fruit and vegetables like cucumber and watermelon and avoiding strenuous outdoor activities during the peak hours of the afternoon can all help to keep us safe and hydrated during the dog days of summer.

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 avilible 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.

- July 3rd 11:30am Lunch Outing to Buddy’s Pizza
- July 10th 11 am Island Queen Boat Ride and picnic Lunch
- July 17th 11am Lunch Outing to PF Chang’s
- July 24th 1:30pm Cranbrook Art Museum
- July 31st 11:30am Lunch Outing to On the Border Mexican Grill

JULY SPECIAL EVENTS

10 11am

We will be going to Kensgiton Park for a boat ride tour!

18 4:00pm

We will be having Senior Prom!

23 11:00pm

We will be making bird houses

25 2:30pm

We will be celebrating national hot fudge sunday day with a sunday bar!



EXECUTIVE DIRECTOR CORNER

Summer is finally here in Michigan!!!!

Mother nature seems to have fallen behind with the warm weather, but hopefully that means we will have an extended summer! As we enjoy these summer months, please don't forget to utilize our beautiful court yards. They're a nice place to enjoy your lunch, play a game of cards, or visit with friends and family.

Also, a special thanks to everyone for making our new residents feel at home. As we continue to welcome new residents to our family, the Waltonwood team wants to ensure we provide the best service. Please do not hesitate to contact me with any concerns or suggestions.

Matthew J. Cortis, Executive Director



July Birthday's!

9th Veronica

11th Carole

23rd Iris

CHEF'S COOKING DEMONSTRATIONS

03

Mushroom & Beef Crepes w/ herbed ricotta filling

10

Pork taco's w/ pickled red onions, cumin crème Frieze, fresh cilantro and diced tomatoes.

17

Prosciutto & Cantaloupe Flatbread w/ Arugula and truffle oil.

24

Shredded Chicken & Mango stir-fry w/ cilantro brown rice

CHEF'S SIGNATURE RECIPE: Blueberry-Pecan Galette

Ingredients

Dough

- ½ cup pecans
- 1 cup plus 2 tablespoons all-purpose flour
- 2 teaspoons sugar
- ½ teaspoon kosher salt
- ¼ teaspoon ground cinnamon
- ½ cup (1 stick) chilled unsalted butter, cut into pieces

Filling and Assembly

- 12 ounces blueberries (about 2 cups)
- 1 tablespoon cornstarch
- 1½ teaspoons fresh lemon juice
- ¼ cup sugar, plus more for sprinkling
- All-purpose flour (for surface)
- 2 tablespoons milk, half-and-half, or heavy cream

Recipe Preparation

1. Dough
2. Preheat oven to 350°. Toast pecans on a rimmed baking sheet, tossing once, until fragrant and slightly darkened, 10–15 minutes; let cool. Pulse pecans in a food processor until the consistency of coarse meal. Add flour, sugar, salt, and cinnamon and pulse just to combine. Add butter and pulse until mixture resembles coarse meal with a few pea-size pieces remaining.
3. Transfer to a large bowl; drizzle with 4 Tbsp. ice water and mix, adding another tablespoonful of water if needed, just until mixture comes together. Gently pat dough into a 6"-diameter disk. Wrap in plastic and chill at least 1 hour.
4. Do Ahead: Dough can be made 2 days ahead. Keep chilled, or freeze up to 1 month.
5. Filling and Assembly
6. Preheat oven to 375°. Toss blueberries, cornstarch, lemon juice, and ¼ cup sugar in a large bowl.
7. Roll out dough on a lightly floured surface to a 12" round. Carefully transfer to a parchment-lined baking sheet. Mound blueberries in center of dough, leaving a 2" border. Fold edges over, overlapping slightly. Brush dough with milk and sprinkle with sugar.
8. Bake galette until crust is dark golden brown and filling is bubbling, 45–50 minutes. Let cool before serving.



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!