

UNIVERSITY CONNECT

JULY 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

Betsy Weakland
Marketing Manager

Lea Caruso
Life Enrichment Manager IL

Stephanie Gillespie
Life Enrichment Manager AL

Ashlie Tipton
Wellness Coordinator

Greg Ginter
Maintenance Supervisor

Sara Benns
Housekeeping Supervisor

Holly Weaver
Dining Room Supervisor

America, My Hometown

When I travel about this great nation, I never cease
to frown,.... for wherever I seem to land and settle,
I call.....
America, my hometown

When I cross the Golden Gate in Frisco Bay, the
Western States, the Rockies and Great Plains, my
heart wells up with pride....from emotions felt deep
inside, and my tears become so hard to hide.
America, my hometown.

From the golden shores and shining cities of the
west and along the sandy shores towns and villages
of the GardenState, things still look simply
great..

All through colonial New England and up to
rugged coastline of the great State of Maine.
our peoples' quest and dreams of liberty ,and
freedom
still remain the same.

For justice,freedom and liberty for all, still ring true
today, just as the liberty bell, in our founders'
yesterday. America, my hometown.

Along the mighty Mississippi from Minneapolis to
New Orleans,....our country's morality and
patriotic spirit is alive and well, just as all our
other great and noble dreams.
America, my hometown.

Our founders' vision of liberty and freedom in our
country still lives on today,throughout our Nation
in cities,both large and small and along main
street U.S.A. As Lady Liberty stands ever vigilant
atop her pedestal on the Bay as our founding
fathers dream of liberty and freedom still live on,
to this very day. America, my hometown.

ASSOCIATE SPOTLIGHT

Betsy Weakland is our new Marketing Manager. She has a full house with a husband, 4 year old son, 8 year old step-son, and 11 year old step-daughter. They also have two cats and a pet hedgehog! She loves reading, watching movies, and traveling. Betsy attended Kalamazoo College, where she earned her degree in Political Science and Mandarin Chinese. She is a true animal lover & actually used to work for the Michigan Humane Society! Although she's worked in consumer product marketing for over a decade, she is new to working with senior living communities & is really enjoying it so far! Betsy said, "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." Welcome to the team & community, Betsy!!



JUNE HIGHLIGHTS

12

Walking club every Wednesday at 10:30 am!

14

Celebrating Father's Day with our awesome father's!



19

Making yummy spinach pies during creative cooking class!

20

Join us for Watercolor Class every third Thursday of the month!



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 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.

- July 1st Casino Outing at 10 am
- July 2nd Lunch Bunch: Half Day Café at 11:30 am
- July 11th Walmart & Meijer Shopping at 10:30 am
- July 12th Dollar Store Outing at 10:30 am
- July 15th CVS/Banking Outing at 10:30 am
- July 16th Lunch Bunch: Red Olive at 11:30 am
- July 18th Walmart & Meijer Shopping at 1:30 pm & Happy Hour: Wyngate Country club at 3:30 pm
- July 23rd Walmart & Meijer Shopping at 10:30 am
- July 25th Kensington Park Boat Tour at 10:30 am
- July 26th Kohl's Outing at 1:30 pm
- July 29th Salvation Army Outing at 10:30 am
- July 30th DIA Outing at 10:30 am

JULY SPECIAL EVENTS

01

July 3rd at 3:30 p.m.

Join us for a Fourth of July
Happy Hour with entertainment
by Deep River Music!

02

July 11th at 3:30 p.m.

Happy Hour with Pomeroy
Living in the campus room.

03

July 15th at 1 p.m.

Birthday party with music by
Kathleen Sabino.

04

July 25th at 10:30 a.m.

Sign up to go on the
Kensington Park boat tour!



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.

Happy
Birthday

Celebrating Birthdays In July

5th Marjorie S.

14th Delphine M.

18th Nadja C.

20th Thomas H.

28th Joyce B.

29th Robert Q.

CHEF'S COOKING DEMONSTRATIONS

01

July 3rd at 11 a.m.

Mushroom & Beef crepes with herbed ricotta filling

02

July 10th at 11 a.m.

Pork taco's with pickled red onions, cumin crème Frieze & fresh cilantro

03

July 17th at 11 a.m.

Prosciutto & Cantaloupe flatbread with arugula and truffle oil

04

July 24th at 11 a.m.

Shredded chicken & mango stirfry with 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

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!