



## JULY BIRTHDAYS

Eleanor 7/13

Eileen 7/26

## WHAT'S COOKING? WITH CHEF SEAN

7/3

Fresh Fruit Salad

7/10

City Chicken

7/17

Lemonade Cookies

7/24

Watermelon Summer Salad

7/31

Homemade Strawberry Shortcakes

## TOMATO-GARLIC BRUSCHETTA

1/4 cup olive oil  
3 tablespoons chopped fresh basil  
3 to 4 garlic cloves, minced  
1/2 teaspoon salt  
1/4 teaspoon pepper  
4 medium tomatoes, diced  
2 tablespoons grated Parmesan cheese  
1 loaf (1 pound) unsliced French bread

In a large bowl, combine oil, basil, garlic, salt and pepper. Add tomatoes and toss gently. Sprinkle with cheese. Refrigerate at least 1 hour.

Bring to room temperature before serving. Cut bread into 24 slices; toast under broiler until lightly browned. Top with tomato mixture. Serve immediately.

-Sean McNally | *Culinary Services Manager*



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!

## MAIN MC CONNECT

JULY 2019



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## COMMUNITY MANAGEMENT

Lance Helton  
Executive Director

Kelly Kaspor, RN  
Resident Care Manager

Lora Baltosiewich  
Business Office Manager

Sean McNally  
Culinary Services Manager

Liz McMurtrie, CTRS  
AL Life Enrichment Manager

Kathleen Colonello  
MC Life Enrichment Manager

David Mantels  
Maintenance Supervisor

Kathy Klaus  
Marketing Manager

Alana Stultz  
Marketing Manager

Natoria Wheeler  
Wellness Coordinator

Jonathan Hills  
Wellness Coordinator

## Summer Times

Summer means fun, outdoor outings, parties, BBQ's and get togethers. We have many exciting opportunities for you to enjoy the beautiful weather and spend time with family and friends. On Saturday, July 27 from 10AM-12PM we are hosting our first Camp Waltonwood. During this family fun event, we will have lots of engaging activities for your grandchildren aged 5-11. The event will include traditional campfire lunch, s'mores table, crafts, games, face painting and much more! Please RSVP with your camper's t-shirt size by July 1<sup>st</sup>. We have also added a Summer Concert in the Courtyard!. The concert will be in our AL courtyard Wednesday August 7 from 6-730PM. Bobby G. and his band will be playing, you won't want to miss it!

This July, please welcome Maddie and Mini to our Life Enrichment Team! The women will be training for a few weeks, and then will begin their regular schedule which will include some evening and weekend activities. We are excited to offer you more opportunities to grow and thrive at Waltonwood Main!



TORI WHEELER

Tori was born in Detroit, Michigan and has 3 older brothers, 1 older sister, and 3 younger sisters. Tori grew up in Detroit and moved to Livonia in her 10<sup>th</sup> grade of high school. She is currently attending Macomb Community College. In her free time, Tori likes to play volleyball, hip hop dancing, archery and she also does makeup. Her favorite movie is Save the Last Dance, book is the Glass Castle, and favorite ice cream is chocolate. Tori likes working at Waltonwood Main because the staff and residents are nice. You would be surprised to learn that Tori is a YouTuber and makes videos for social media. If she could travel anywhere, Tori would like to travel to West Africa!



TRANSPORTATION INFORMATION

We love to get out and about at Waltonwood Main! You are always welcome to join your family members on outings! The more the merrier! Please let Kathleen or MC Reception know you are coming, so we can adjust seating accordingly.

July Outings:

- 7/1 1:45PM Shopping at the OPC Store
- 7/8 1:30PM Museum at VanHoosen Farm
- 7/11 1:45PM Piechnik’s Outing
- 7/15 1:30PM Sunny Scenic Drive
- 7/18 11:15AM Picnic Lunch at Stoney Creek
- 7/22 1:45PM Troy Historical Museum Outing
- 7/25 2:00 Big Red’s Outing
- 7/29 2:00PM Rochester Park Walkers

JUNE HIGHLIGHTS

01

Frankenmuth Lunch Outing

02

What’s Cooking with Chef Sean



03

Stahl’s Auto Museum

04

Stoney Creek Metropark



JULY SPECIAL EVENTS

7/2

MC Family BBQ from 12-1PM with Jeff the Entertainer

7/9

Making Camp WW Games

7/12

July Birthday Party with the Half Whacked Band

7/27

Camp Waltonwood. 10AM-12PM AL Courtyard



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.

Chris Grabowski, MS | Senior Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

Have you ever asked yourself why the 4<sup>th</sup> of July is celebrated with fireworks? Well, I have and I found the answer by doing a few minutes of research.

The United States celebrates the 4<sup>th</sup> of July, or Independence Day, with fireworks as a tradition continued down through history since the initial year the country’s independence was celebrated. The first celebration, which came one year after the Declaration of Independence was signed, began and ended with 13 fireworks being set off from the city’s commons.

After the first celebration in Philadelphia, Boston held its own celebration with fireworks, and the tradition grew from there. Explorer Richard Byrd even set off fireworks in Antarctica. The original tradition behind fireworks was to symbolize the 13 states of the union as 13 fireworks were set off at the beginning and of the celebration. However, it evolved as more states joined the union.

03- Lance Helton | Executive Director