



CHEF'S COOKING DEMONSTRATIONS

05

Chicken Stir Fry Station at dinner

10

Deluxe Salad Toss Station at dinner

17

Deluxe Baked Potato Bar at dinner

25

Strawberry Jubilee a la mode dessert station at dinner

CHEF'S SIGNATURE RECIPE

Garlic-Tomato 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.

JULY BIRTHDAYS

Alice S. 7/6

Ruby B. 7/20



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 CONNECT

JULY 2019



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COMMUNITY MANAGEMENT

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Natoria Wheeler
Wellness Coordinator

Jon Hills
Wellness Coordinator

SUMMER FUN!

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 10:00am-12:00pm 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 1st. We have also added a Summer Concert in the Courtyard! The concert will be in our AL courtyard Wednesday, August 7 from 6:00-7:30pm. Bobby G. and his band will be playing and you won't want to miss it! This July, please welcome Maddie and Joy 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. Please look for the updated calendar on www.waltonwood.com towards the second half of July.

ASSOCIATE SPOTLIGHT

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 10th 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”, her favorite 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!



JUNE HIGHLIGHTS

04

Irene, Helen and Dorothy enjoy a gorgeous day for our first picnic at Stony Creek Metropark this summer!

18

Resident, Bob, enjoyed the Men’s Outing to Stahl’s. He took a pic with a car similar to his very first car he drove!



19

Residents, Phyllis and Sue, enjoy a break after walking at Rochester Park!

22

Patricia, along with several residents, enjoyed the therapy dog visits with 3 dogs and their owners.



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

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John’s Lutheran and St. Andrew’s Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles. Check out our group outings this month and be sure to join us!

- July 2nd—Summer Scenic Drive—2:15pm
- July 3rd—Shopping at Walgreen’s/Dollar Tree—3:00pm
- July 9th—Lunch at Ike’s—11:00am
- July 10th—Picnic & Games with Neighborhood Childcare Center at Rochester Park—10:30am
- July 16th—Movie Outing—TBA
- July 17th—Walking at Rochester Park—3:00pm
- July 23rd—Picnic Lunch at Stony Creek Metropark—11:00am
- July 24th—Outing to Erma’s Frozen Custard—3:00pm
- July 30th—Rochester Museum Tour—2:15pm (\$3/senior)
- July 31st—Men’s Outing to Packard Proving Grounds—1:00pm

JULY SPECIAL EVENTS

02

Did you know we have a *Dementia Caregiver Support Group* meeting once a month @ 4:00pm on the first Tuesday! Please join us!

22

Sam from the Rochester Museum will be back for a presentation on “Spectacular Rochester!”

27

Children ages 5-11 and Waltonwood residents are invited to Camp Waltonwood, a camp style experience that will be fun for all ages!

31

Waltonwood families are invited to a Family Night Bingo and Spaghetti Bar in the Café and Activity Room from 5-7pm. Please RSVP!



EXECUTIVE DIRECTOR CORNER

Have you ever asked yourself why the 4th 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 Fourth 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 that 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.

-Lance Helton