

CHEF’S SIGNATURE RECIPE

CHICKEN GREEK SALAD

INGREDIENTSMARINADE/DRESSING

- 1 lemon
- 1/4 cup olive oil
- 3 cloves garlic, divided
- 1/2 Tbsp dried oregano
- 1/2 tsp salt
- Freshly cracked pepper

SALAD

- 2 boneless, skinless chicken thighs
- 8 oz. pasta (any shape)
- 1 bell pepper (any color)
- 4 oz. grape tomatoes*
- 1/2 cucumber (1.5 cups diced)
- 1/4 bunch parsley
- 2 oz. feta

INSTRUCTIONS

Prepare the dressing and marinade by mincing two of the three cloves of garlic and combining them with 1/4 cup lemon juice, olive oil, oregano, salt, some freshly cracked pepper, and a pinch of the lemon zest. Whisk these ingredients until well combined.

- Place the chicken thighs in a small zip lock bag and add half of the dressing, saving the rest to add to the salad later. Mince one more clove of garlic and add it to the bag with the chicken and marinade. Squeeze the air out and massage the bag to make sure the thighs are well coated in the marinade. Refrigerate the thighs for at least 30 minutes.
- While the chicken is marinating, cook the pasta according to the package directions, drain in a colander, and let cool.
- Heat a skillet over a medium flame. Once hot, add the marinated chicken thighs and cook on each side until they are well browned and cooked through (about 5 minutes each side). There should be enough oil in the marinade to keep the meat from sticking. Remove the cooked chicken from the skillet and let it rest for about five minutes. Once slightly cooled, chop the chicken into smaller, bite-sized pieces.
- While the chicken is cooking, prepare the rest of the vegetables. Dice the cucumber and bell pepper. Slice the tomatoes in half (or dice if using Roma or regular tomatoes). Pull the parsley leaves from the stems and give them a rough chop.
- Finally, build the salad. Add the cooked and cooled pasta to a large bowl. Top the pasta with the cucumber, bell pepper, tomatoes, parsley, and chopped chicken. Crumble the feta over top and add a pinch or two of the lemon zest. Pour the remaining dressing over the salad and toss to coat. Serve immediately or refrigerate until ready to eat.

04
Summer Salad Bar
Enjoy a fresh salad.

17
Philly Steak Bar
Put your spin on an old favorite.

06
Pasta Bar
Pasta made your way.

26
Baked Potato Bar
Make your potato your way, with many toppings to choose from.



CELEBRATING BIRTHDAYS IN July,

7/10 Dorothy S.
7/17 Harvey C.
7/25 Glenn H.

The key to successful aging is to pay as little attention to it as possible.

~Judith Regan



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!

LAKE SIDE CONNECT

July 2019



14650 Lakeside Circle Sterling Heights MI 48313
www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside



Happy July! It feels like summer is finally here and we are ready to make the most of the beautiful weather. We have several exciting events coming up! Please save the dates as RSVP is required. Camp Waltonwood as pictured above is coming up, RSVP soon. You will not want to miss this spectacular event! Also, there is a Hot Dog Stand planned to raise money for the Alzheimer’s Association on July 16th. Keep an eye out for our indoor and outdoor gardening program that is beginning to blossom before our very own eyes. There are many events planned this month to keep us active and engaged so please look at your Life Enrichment calendars for dates and times. Let’s have a great summer together!

COMMUNITY MANAGEMENT

- Greg Cossaboom Executive Director
- Meghan Kahm Business Office Manager
- Paul Gilleran Culinary Services Manager
- Nicole Gavas Independent Living Manager
- Jennifer Murray Life Enrichment Manager (AL)
- Tonya Wilson Life Enrichment Manager (MC)
- Jenna Durlock Life Enrichment Manager (IL)
- Mo Martinez Environmental Services Manager
- Courtney Rocho Marketing Manager
- Marissa Walker Resident Care Manager
- Hailey Krajacic Wellness Coordinator

Associate Spotlight
Olivia Moore

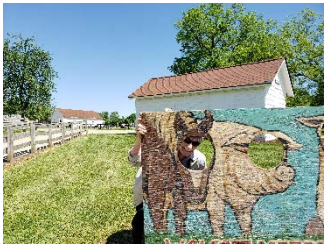
Olivia is part of our culinary team here at Waltonwood Lakeside. Olivia always delivers exceptional customer service with a contagious smile. Olivia has a wonderful heart for our Residents and often volunteers to assist Life Enrichment. We are grateful she is part of our family here at Waltonwood.



JUNE HIGHLIGHTS

07
Wolcott Mill
Metro Park Farm
Center

19
Amc Movie
Theater and
Lunch Trip



21
Longest Day
Picnic at the
Lake

24
Baby Ducks
arrive in the
Courtyard



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

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

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, sign up is located at the front desk and is required. Family is welcome join us on an outing, so please consider attending, the more the merrier. Additionally, we carefully plan our outings based on resident's interests, to provide continued success in the community at large.

- Destinations:
- 10 Stony Creek Metro Park
 - 12 Detroit's Beloved Belle Isle
 - 17 AMC Movie Theater
 - 19 St. Clair Boardwalk and Lunch
 - 26 A Pure Michigan Tradition, Achatz Pie Place

JULY UPCOMING EVENTS

04
Fourth of July
Cocktail Hour
Let's celebrate
Independence Day
together!

10
Stony Creek Metro
Park Picnic
Let's celebrate summer
with a picnic w!

16
Hot Dog Stand
fundraiser from
10:30-1:30 for our
End Alzheimer's
walk.

31
Camp Waltonwood
Fun for all generations!



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends,
Happy July to everyone! I'm so excited to announce that we are officially into summer!! We have had a few spurts of sunshine, but are still dealing with the pesky rain. The only good news is that we haven't had to turn our sprinklers on once yet this entire season. We really enjoyed having those of you that came out to the Longest Day picnic at Metro Park beach this past month. I personally had a blast grilling hot dogs and hamburgers and enjoying the nice sunny day outside with residents, family, and staff. We hope to incorporate more outings like that in our future life enrichment calendars. This month we look forward to our first ever Camp Waltonwood event right here at our community. We cannot wait to see all the kids, family, and friends enjoying tradition camp food, music, and games. We hope to have a big group to celebrate the inaugural event. I hope you are all able to enjoy some more sun filled days ahead, as I'll personally love being able to get out on the golf course more often. Have a wonderful month!

Sincerely,

Greg Cossaboom

Executive Director