



CHEF'S COOKING CARTS

02

Dessert Bar

May we recommend stopping at the Dessert bar first?

16

Tex-Mex BBQ Bar

A classic selection from our friends at the border!

Chicken Greek Salad

INGREDIENTS

MARINADE/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

09

Dinner Salad Bar

A dinner salad pairs perfectly with these hot July evenings!

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Baked Potato Bar

You can never have too many toppings on a potato!

INSTRUCTIONS

1. 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.
2. 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.
3. While the chicken is marinating, cook the pasta according to the package directions, drain in a colander, and let cool.
4. 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.
5. 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.
6. 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.

\$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



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www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside



Happy Independence Day!

Happy July! I hope this month (finally) brings sunshine! During the month of July, we are looking forward to spending more time outdoors. Beginning indoors however, the Waltonwood Warblers will be hosting their Patriotic Concert on July 10th at 1:30! On July 16th we will be hosting our Hot Dog Stand in honor of National Hot Dog Day and to host a fundraiser for the Alzheimer's Association. July also hosts National Tequila Day! We

will be welcoming Richard Sennema on Wednesday, July 24th at 1:30 in the dining room to enjoy the afternoon with music. At the end of the month, we will be hosting our first ever Camp Waltonwood! This event is an opportunity to spend some time with your children, grandchildren, and great grandchildren here at Waltonwood. There will be games, crafts, and music. We hope you look forward to this great event and make beautiful memories with those you love!

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Meghan Kham
Business Office Manager

Paul Gilleran
Culinary Services
Manager

Mo Martinez
Environmental Services
Manager

Brenda Mirowski
Housekeeping
Supervisor

Nicole Gavas
Independent Living
Manager

Jenna Durlock
IL Life Enrichment
Manager

Courtney Rocho
Marketing Manager

Laureen Vollmer
Marketing Manager

Jaida McCree
Move-in Coordinator

Celebrating Birthdays In July

Carroll K.- 1

Ed C.-3

Vince P. -12

Frank R. -14

Anne B. -15

Betty B. -20

Mary Jane R. -20

Bernice K. 29



FRIENDS & FAMILY REFERRAL PROGRAM!

EMPLOYEE OF THE MONTH: BRENDA MIROWSKI
HOUSEKEEPING SUPERVISOR

We are proud to introduce Brenda Mirowski as our Employee of the Month for July! Regardless of what has been thrown her way the past few weeks, Brenda has stayed strong, confident and has worked tirelessly to make sure that our home is beautiful. Her and her team are simply the best. Thanks for all that you do!



JUNE HIGHLIGHTS

07

Father's Day Cook-off

Happy Father's Day to all of our wonderfully amazing men!

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Erma's Frozen Custard

We didn't let a little rain get in the way of our frozen custard treat!



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Laughter Yoga

We hope that you enjoyed laughing with us!

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Sinatra at Sunset

It was a picture perfect evening in the 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.

TRANSPORTATION INFORMATION

All appointments/errands will be requested using the Appointment Request Slip only. Please get your slip at the front desk. Filling out a slip does not guarantee you transportation to that appointment/errand. Turn in your completed slip, including all necessary information i.e. Dr.'s Name/Errand location, address and phone number, appointment time and anticipated pick up time, to the front desk as early as you can prior to your appointment. All slips are considered on a first come first served basis. Please schedule Dr. appointments Monday through Thursday between 8AM and 3 PM. No appointments will be scheduled for Friday. No same day appointments. Please be signed up for weekend outings no later than the Friday before each outing.

Upcoming July Outings

Thursday, July 11th- MGM Casino

Thursday, July 18th – Driving Range at CJ Barrymore's

Thursday, July 25th- Men's Outing: Louie's Pizza

JULY SPECIAL EVENTS

04

4th of July Scavenger Hunt!

Beginning in the Café, we will search the building for specific items. \$25 gift cards for the winning team of 2!

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Sinatra At Sunset

From 7-8 PM join us in the courtyard or your patios for this evening performance!

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National Hot Dog Day Stand

Join us on the front lawn for this fundraiser for the Alzheimer Association

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Camp Waltonwood

Join us with your grand kids for this great evening!

New Residents!

Cynthia Rowland- 114

Dorothy Smytko- 115

James Degroot- 316

Carroll Krantz- 327

Barbara Palazzolo- 409

Ray and Gretchen Glime- 431

Welcome to our

Waltonwood Family!

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!

Greg Cossaboom- Executive Director