

# LAKESIDE CONNECT

## JULY 2019

### CHEF'S SIGNATURE RECIPE: Chicken Greek Salad

#### 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 of Pasta  
1 Bell Pepper  
4 oz of Grape Tomatoe's  
1/2 Cucumber diced  
1/4 Bunch of Parsley and  
2 Oz of 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.

### CHEF'S COOKING DEMONSTRATIONS

04

All American BBQ

18

Omlette

11

Pasta that is Amore!

25

Salad

**\$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!

HAPPY  
BIRTHDAY  
IN JULY:

RESIDENTS

2 HELMUT L.

16 CHET J



FRIENDS & FAMILY REFERRAL PROGRAM!



### JULY 2019 UPCOMING HIGHLIGHTS

We have several exciting events coming up! **PLEASE SAVE THE DATE! RSVP REQUIRED.**

- Camp Waltonwood is Wednesday July 31.
- Hot Dog Stand is Tuesday July 16

Look further on in the Newsletter for more opportunities of fun!

Keep an eye out for our indoor & outdoor gardening program that is beginning to blossom before our very eyes! Thanks to the use of Rain Barrels we will have ample access to water this year! Our flowers are lovely and we have Zucchini, Corn and Tomatoes starting to produce!

Please feel free to reach out to me anytime!

[Tonya.Wilson@singhmail.com](mailto:Tonya.Wilson@singhmail.com)

### COMMUNITY MANAGEMENT

Greg Cossaboom  
Executive Director

Meghan Kahm  
Business Office Manager

Paul Gilleran  
Culinary Services Manager

Brenda Mirowski  
Housekeeping Supervisor

Nicole Gavas  
Independent Living  
Manager

Tonya Wilson  
MC Life Enrichment  
Manager

Jennifer Murray  
AL Life Enrichment  
Manager

Jenna Durlock  
IL Life Enrichment Manager

Mauricio Martinez  
Maintenance Supervisor

Courtney Rocho  
Marketing Manager

Hailey Krajacic  
Wellness Coordinator

Marissa Walker  
Resident Care Manager

## 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 Senior Citizens and volunteers often to assist the Life Enrichment Team!

Olivia is in college with plans to become a Nurse. We know she will go wonderful places and look forward to watching her grow. We are grateful she is part of our family here at Waltonwood Lakeside.



## JUNE 2019 HIGHLIGHTS

7

We drove to Wolcott Mill Metro Park Farm Center and loved visiting with all the barn

12

Petco is a favorite destination to visit furry friends. Immediately following we enjoyed an impromptu lunch at Wendy's.



14

Bayside Restaurant in Fair Haven was a beautiful destination on Lake Saint Claire.

21

We hosted an All Community "Longest Day Picnic," in conjunction with the Alzheimers Association at Metro Beach on Lake St Claire.

## FOREVER FIT/WELLNESS

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 service for our residents. All outings occur on Wednesday or Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents interests, to provide continued success in the community at large.

### JULY 2019 Destinations; RSVP Required

- 10 Stony Creek Metro Park Drive and Milk Shakes
- 12 Detroit's Beloved Belle Isle and Panera Boxed Lunch
- 19 Saint Clair Shores Walk Along the Water and Lunch
- 24 Detroit's 317<sup>th</sup> Birthday Drive and Lunch
- 26 A Pure Michigan Tradition; Achatz Pie Place

## JULY 2019 SPECIAL EVENTS

7

The first Sunday in July we have a full day of life enrichment fun!

16

Hot dog Stand Fundraiser from 10:30 a.m. - 1:30 p.m. for our End Alzheimers Walk

20

High Tea with Margaret. Let's get out the expensive china and white gloves!

31

Camp Waltonwood. Fun for All Generations! Enriching programs through out the community.



## 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, CALD Executive Director