

CHEF’S SIGNATURE RECIPE

Oven Poached Salmon

Ingredients

- (4 ea.) 6oz boneless, skinless Salmon fillets
- 8oz Julienne Carrots
- 4oz Julienne Leeks
- 2oz Julienne Celery
- 2 sprigs of fresh tarragon
- ¼ cup butter
- ½ cup of white wine
- 1 lemon cut into 8 wedges
- ¼ cup water.
- Old bay seasoning
- Salt & pepper (TT)

Preparation

1. Pre heat oven to 375 degrees
2. Brush the bottom of a 9x6 baking dish with the butter
3. Evenly sprinkle the carrots, celery, and leeks to cover the baking dish.
4. Place the Salmon on top of the vegetables
5. Pour the wine and water into the baking dish. Should fill to about 1/3 of the pan.
6. Squeeze a wedge of lemon over each individual piece of fish.
7. Top each fillet with a sprinkle of salt & pepper and old bay seasoning to taste.
8. Cover the dish with aluminum foil and cut about 6 small openings into the top of the foil.
9. Place in oven and baked for about 20 minutes
10. The salmon needs to be white and tender all the though.
11. Evenly place the vegetables on the 4 plates and top with piece of salmon.
12. Garnish with lemon and the juice from the dish and Enjoy!

07  
Summer Salad Bar  
Enjoy a fresh  
salad.

21  
Philly Steak Bar  
Put your spin on  
an old favorite.

14  
Pasta Bar  
Pasta made your  
way.

26  
Taco Bar  
Who does not love tacos!

LAKE  
SIDE  
CONNECT

August  
2019

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Facebook: /WaltonwoodLakeside



Happy August!  
The summer may have started out a bit rainy, but the sun has been shining and the weather has been great! It has been an event filled summer so far at Waltonwood Lakeside. This past July we hosted our first Annual Camp Waltonwood what an event to Remember! Spending time with our families and especially the kids is always a special time for us. Pictures of this event will be posted soon. Our Gardens are in full bloom, and many have pitched in to keep them healthy. Our Resident duck has returned this summer to raise her babies. Thank you to Jackie K. for sharing this beautiful picture of them. Summer is not over yet and we look forward to our Annual Family picnic August 23<sup>rd</sup>. This year our picnic is at Stoney Creek Metro Park and as always, we celebrate this day with some of our sister communities. There is much to do at Waltonwood Lakeside so grab a Life Enrichment calendar and join in the fun!

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

CELEBRATING  
BIRTHDAYS IN  
August,

01 Betty M.  
01 Rose O.  
01 Gerry Z.  
12 Caroline Z.  
20 Bernice W.  
8/14 Mary Jean Z.

There is no old  
age. There is, as  
there always was,  
just you.  
~Carol Grace



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!



Associate Spotlight  
Nakia W.

Nakia is a member of our Care Team. Nakia is hard working and always willing to help her team members. Nakia has a passion for her work and it shows. Nakia is compassionate with our residents giving them the best care. Thank you Nakia for all you do!



JULY HIGHLIGHTS

04  
Fourth of July  
Cocktail Hour  
Patriotic ed,  
white, and blue  
cocktails were  
served and all  
joined in for a  
patriotic song or  
two.

12  
Belle Isle Picnic  
A great time was  
had by all and  
the weather was  
perfect!



16  
Hot Dog Stand  
Fundraiser  
Thank you to all  
those that  
supported this  
very worthy  
cause.

31  
Camp  
Waltonwood  
Hope you  
enjoyed our  
first Annual  
Camp  
Waltonwood!

MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Aches, pains, sprains and strains are all just a common part of daily life. How we manage them however can have a much greater impact on our long-term health and wellbeing. Exercise is important, sleep is essential and our bodies are constantly sending us signals and messages that act as a signpost of when we need to move more and when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our self-health a top priority. You are the one true expert on your own body so be attentive, be truthful and listen to the messages that your body is giving you.  
~ Chris Grabowski,  
MS | Senior Forever Fit Manager

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:  
07 AMC Forum  
16 Lunch by the Lake  
21 AMC Forum  
23 Waltonwood Family Picnic  
30 Mass at Sweetest Heart of Mary

AUGUST UPCOMING EVENTS

01  
Thursday  
Entertainment  
days.  
Join us for an  
awesome  
performance by  
Scott V.

10  
Stoney Creek  
Family Picnic.  
Join us as we share  
this special day  
with our families,  
and our sister  
communities.

16  
Ice Cream Social  
We all scream  
for Ice cream!!!

23  
Karaoke Party  
Sing your favorite  
song solo or join  
your friends for a  
song or two.

YOU’RE INVITED  
Waltonwood Family Picnic



Friday, August 23rd, from 11 a.m. to 1 p.m.

at Stony Creek Metropark, Winter Cove South Pavilion (\$10 parking)

Join your loved ones at the Waltonwood Family Picnic!  
You’ll enjoy a delicious cookout, entertainment, games, and lots of family fun.

RSVP by August 16th



Waltonwood Main  
RSVP to Liz McMurtrie or  
Kathleen Sable Colonello  
248-601-7600

Waltonwood Lakeside  
RSVP to Tonya Wilson or  
Jennifer Murray  
586-532-6200

Waltonwood University  
RSVP to Lea Caruso or  
Stephanie Gillespie  
248-375-2500

www.Waltonwood.com | www.SinghCareers.com



EXECUTIVE DIRECTOR CORNER

Dear residents and families  
Happy August to everyone! We are now into the dog days of summer, and man has it been hot lately. All the rain that we had earlier in the season has subsided, and we seemed to have move into a mini heat wave. Just a friendly reminder that if your air conditioning unit has any issues, please call the front desk immediately so that we can come out and service it. We have 24/7 emergency maintenance, so if it happens during later evening or earlier morning hours we can still come out and address the issue. We just got done with our first annual Camp Waltonwood event, and we couldn’t have been happier with the turnout! So much fun was had by all, and we cannot wait to host our 2<sup>nd</sup> annual event next summer. What a treat it was seeing the intergenerational excitement and fun. Thank you to all who attended! I hope everyone has a cool, fun, and enjoyable August. I cannot believe we are already through half of summer. Time sure does fly when you’re having fun!

Have an amazing month everybody!

Sincerely,  
Greg Cossaboom  
Executive Director