



HAPPY BIRTHDAY IN SEPTEMBER :

Residents
4 Inez

Associates;
1 Carissa
8 Christy
12 Jasmine
22 Tremont
28 Megan



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S SIGNATURE RECIPE: Oat & Honey Banana Bread

- Ingredients
- ½ cup honey
 - 1/3 cup extra virgin olive oil
 - 2 eggs
 - ¼ cup milk
 - 2 large ripe bananas, mashed
 - ½ cup plus 1 tsp rolled oats, divided
 - 1 ¾ cups flour
 - 2 tsp baking powder
 - 2 tsp cinnamon
 - 1 tsp vanilla
 - Pinch of salt

- Directions
1. Preheat oven to 350
 2. Spray standard size loaf pan with cooking spray
 3. Whisk honey and oil in a large bowl, stir in eggs, milk, and bananas.
 4. Stir in ½ cups oats, flour, baking powder, cinnamon, vanilla, and salt.
 5. Transfer to loaf pan. Sprinkle with 1 tsp oats.
 6. Bake for 60 minutes, allow for 15 minutes cooling before baking
- Makes 8-10 servings*

CHEF'S COOKING DEMONSTRATIONS

05

Omelette

19

Omelette

12

Pasta that is Amore!

26

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!

LAKE SIDE CONNECT

SEPTEMBER 2019



14560 Lakeside Circle 48313
www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside



SEPTEMBER 2019 UPCOMING HIGHLIGHTS

September is traditionally a beautiful month, especially here in Michigan. I am so grateful to live in such a beautiful state. Additionally I am grateful to be a part of the amazing Life Enrichment team here at Waltonwood Lakeside.

The Life Enrichment focus is turning towards "Purposeful & Personalized Programming." This is defined as programming targeted to our residents occupations, hobbies, life events, family or volunteerism that are meaningful.

This programming is yet another example Waltonwood Lakeside is raising the bar and sets us apart. I treasure and value our resident families, your insight is both key and priceless.

Enjoy this months Newsletter and please send me your ideas, suggestions & recommendations. You can reach out to me anytime! I promise a response within 24 hours.
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

Laureen Vollmer
Marketing Manager

ASSOCIATE SPOTLIGHT

JANISHA WILKINS

Janisha Wilkins is our wellness nurse here at Waltonwood Lakeside, and we are so happy to have her as part of our family! She is an amazing nurse, and her passion and caring natural show everyday while she helps manage the wellbeing of our residents. She can often be seen talking with the residents and staff, and brings a calming presence to their everyday interactions. We couldn't ask for a better person to be Our Wellness Nurse, and look forward to many more years to come with her as a part of our family.



AUGUST 2019 HIGHLIGHTS

5

We have an abundance of tomatoes from our terrace container gardens.

14

A visit to our beloved English Gardens, then a delivery to our dear friend.



22

Our annual sister community Waltonwood Family Picnic at Stony Creek.

30

We traveled to the Sweetest Heart of Mary for Mass and lunch at Amore de Romas immediately following.

FOREVER FIT/WELLNESS

As fragile as our bodies can be, they are equally as resilient and capable. Their innate ability to grow stronger, faster and more efficient is one of the tangible qualities that drives many peoples exercise motivation. Our muscle memory, or the ability to complete a movement without thought through constant repetition, relies heavily on our commitment to regular, daily exercise. Over time these constant repetitions allow your body to be stronger and far more efficient in the activities you perform. With exercise an increase in efficiency also typically mean an increase in safety. Muscles strengthen, joints become more mobile and a potential fall risk can reduce significantly. So, while the results you want may not come in a day stick with it. Consistency is key and your commitment to exercise will pay off in the long run.

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.

SEPTEMBER 2019 Destinations: RSVP Required

- 6 Brunch with AL at the Pancake House
- 11 English Gardens in preperation for Indoor Plant Week
- 20 Pepper Joe's Lunch and Walk by the Water
- 25 Wild Birds Unlimited and Milk Shakes
- 27 Southeast Animal Shelter and Lunch

SEPTEMBER 2019 SPECIAL EVENTS

5

It's national Cheese Pizza Day, so let's celebrate with a party and Jet's Delivery!

11

Patriot Day Choir Concert, join us as we sing the Old Time Patriotic Classics

13

All Community Oktoberfest Celebration beginning at 1:30 p.m.

23

It is the official start of Autumn. We will do a fun fall art project together.



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends;

Happy September to everyone! We are starting to see some Fall colors outside, even though I know we are all trying to hold on dearly to these last few weeks of summer. Hopefully we will have a very mild and enjoyable Fall weather-wise. I hear we are in for a pretty harsh winter this year.

We had so much fun with everyone who attended the family picnic this past month. Thank you for enjoying that with us, as we look forward to continuing to provide fun and exciting outings for you and your loved ones. We have a lot of great events coming up in the Fall, so stay tuned and keep an eye on your Life Enrichment calendars in the coming months!

On a more personal note, college football is back and I couldn't be happier myself! Looking forward to the big Michigan vs. Michigan State game.

Have an amazing month everybody!

Sincerely, Greg Cossaboom, CALD Executive Director