



MADE-TO-ORDER STATIONS

9/5

Banana Splits

9/12

Mixed Berry Crepes

9/19

Chocolate Dipped Fruit

9/26

Made-to-Order Milkshakes

HOMEMADE GRANOLA

- 3 Cups old-fashioned oats
- 1 Cup pecan pieces
- 1 Cup flaked coconut
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 can (14 oz.) sweetened condensed milk
- ¼ cup melted butter
- 1 Cup raisins or dried cranberries

Heat oven to 300 degrees F. Combine all ingredients, except raisins, thoroughly. Spread mixture evenly on a well sprayed, nonstick baking sheet. Bake 50 minutes, stirring every 10 minutes to prevent burning. Allow to cool, stir in raisins or cranberries.

-Sean McNally | *Culinary Services Manager*

SPIRIT WEEK

Monday 9/9

Hoedown Day

Tuesday 9/10

Sports Team Day

Wednesday 9/11

Neon Day

Thursday 9/12

Made in Michigan Day

Friday 9/13

Pirate Day



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!

MAIN MC CONNECT

SEPTEMBER 2019



1401 North Rochester Rd., Rochester Hills, MI 48307
www.waltonwood.com | 248-601-7600
 Facebook: /WaltonwoodMain



Shine On Harvest Moon

The September harvest moon occurs on September 14. Thinking of the Fall and harvest brings to mind images of cozy scarves, pumpkin pies, cider mills, and all the fun activities that the Fall brings. Fall signifies changing seasons, and a more symbolic meaning of the changing nature of life. Every day presents us with a new opportunity to explore the great mystery, and all the changes during each season of our life. Once we accept these changes, we have a greater capacity to live our life to its fullest.

This September, at Waltonwood Main, we have plenty of opportunities for you to live your best life. We host a wide variety of life enrichment events from gardening and reminiscing, to fun parties with live entertainment and culinary delights. Please review the following pages to find your favorites!

COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Kelly Kaspor, RN
Resident Care Manager

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

Liz McMurtrie, CTRS
AL Life Enrichment Manager

Kathleen Colonello
MC Life Enrichment Manager

David Mantels
Maintenance Supervisor

Kathy Klaus
Marketing Manager

Alana Stultz
Marketing Manager

Natoria Wheeler
Wellness Coordinator

Jonathan Hills
Wellness Coordinator

EMPLOYEE OF THE MONTH

IRENE KAZMEIRSKI

Irene was born in Pittsburgh, PA. She has 3 older brothers, including her twin brother. She has held many jobs including, Administrative Assistant to the VP of PPG Industries and the VP of National Steel. She was then promoted to Marketing Analyst. She also worked as a Sales Rep for another steel company. While she was a stay-at-home mom she worked out of the house as an Executive Recruiter in the Auto industry. Irene and her husband, Dennis, were married on September 22, 1979. They have 3 grown children, 2 sons and a daughter. Her favorite movie is, "It's a Wonderful Life", her favorite song is "You Light Up My Life", her favorite book is The Bible and her favorite ice cream is Neapolitan. Irene calls Waltonwood her "happy place" because she finds it a privilege to help and make a difference in the lives of our seniors.



TRANSPORTATION INFORMATION

We love to get out and about at Waltonwood Main! You are always welcome to join your family members on outings! The more the merrier! Please let Kathleen or MC Reception know you are coming, so we can adjust seating accordingly.

September Outings:

- 9/4 10:30AM Senior Day at the Detroit Zoo
- 9/5 2:00PM Big Red's Outing
- 9/9 2:00PM Rochester Park Walkers
- 9/12 2:00PM Tea Party with the Cheese Lady
- 9/16 1:30PM Shopping at JoAnn's
- 9/19 11:30AM Lunch at Kerby's Coney Island
- 9/23 1:30PM Apple Picking and Hayride at Westview Orchards
- 9/26 2:00PM Erma's Custard Outing
- 9/30 2:00PM Sunny Scenic Drive

AUGUST HIGHLIGHTS

8/4

Skip's Birthday Party

8/5

Decoration Committee Shopping at Party City



8/7

Concert in the Courtyard

8/13

Luau Staff Appreciation Party



SEPTEMBER SPECIAL EVENTS

9/4

Senior Day at the Detroit Zoo

Depart at 10:30AM

9/10

Grandparents Day BBQ

5PM AL Dining

9/16

MC Resident Council

4PM Activity Room

9/17

Bonfire in the Courtyard

6PM AL Courtyard



CONSISTENCY IS KEY

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.

Chris Grabowski, MS | Senior Forever Fit Manager

NATIONAL GRANDPARENTS DAY, September 8th 2019

Each year on the Sunday following Labor Day, grandchildren across the country honor their grandparents. There is a special bond that can only be shared between grandchildren and their grandparents. Grandparents are full of hugs and kisses, family history, wisdom, patience, love, and guidance. National Grandparents Day gives grandchildren the opportunity to show love and appreciation to their grandparents.

The forget-me-not is the official flower for National Grandparents Day.

National Grandparents Day is expected to grow in significance over the next decade and beyond as the number of grandparents in the United States rises from 65 million in 2011 to 80 million in 2020 as a result of the baby boom.

To you grandparents out there wishing you a HAPPY GRANDPARENTS DAY!

03 - Lance Helton | Executive Director