



## SEPTEMBER BIRTHDAYS

Kathleen H. 9/6

Loretta S. 9/19

Joanne G. 9/23

Raymond S. 9/23

Rob S. 9/29



FRIENDS & FAMILY REFERRAL PROGRAM!

## CHEF'S COOKING DEMONSTRATIONS

04

Deluxe Salad Tossing station

11

Mixed Berry Crepes

18

Caramel Apples ala Mode

25

Mashed Potato Bar

## CHEF'S SIGNATURE RECIPE

### 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*

## \$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 CONNECT

SEPTEMBER 2019



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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 of 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

Alana Stultz  
Marketing Manager

Natoria Wheeler  
Wellness Coordinator

Jonathan Hills  
Wellness Coordinator



## ASSOCIATE SPOTLIGHT

### IRENE KAZMIERSKI

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 considers it a privilege and it brings her joy to help and make a difference in the lives of our seniors.



## AUGUST HIGHLIGHTS

07

Janet and her daughter enjoy the Concert in the Courtyard with entertainment by the Trio Grand!

19

Resident enjoy a walk outside on a beautiful summer day!



21

What could be better than a slice of pie from the Grand Traverse Pie Company?

23

Jim, Mavis and family enjoy the Waltonwood Family Picnic at Stony Creek Metropark!



## 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

## TRANSPORTATION INFORMATION

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John’s Lutheran and St. Andrew’s Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles. Check out our group outings this month and be sure to join us!

- September 3<sup>rd</sup>—Ice Cream Outing to Screamer’s—2:15pm
- September 4<sup>th</sup>—Senior Day at the Detroit Zoo—10:00am
- September 10<sup>th</sup>—Scenic Drive—3:00pm
- September 11<sup>th</sup>—Shopping at Walgreen’s & Dollar Tree—3:00pm
- September 17<sup>th</sup>—Movie Outing TBA
- September 18<sup>th</sup>—Paint Creek Cider Mill—3:00pm
- September 24<sup>th</sup>—Apple Picking at Westview Orchards—2:15pm
- September 25<sup>th</sup>—Outing to Stony Creek Roadhouse—11:00am

## SEPTEMBER SPECIAL EVENTS

10

Grandparents Day Family BBQ in the Dining Room with entertainment by the Crosswalk Band from 5-7pm

17

Join us for Bonfire and roast marshmallows in the courtyard. 6:30-7:30pm

23

Join us for a presentation by Pat from the Rochester Museum on the “Leaders, Liars and Legends of Rochester”. 3:30pm

8-14

Celebrate National Assisted Living Week with us! Each weekday will have a different theme and fun activities to participate in!



## EXECUTIVE DIRECTOR CORNER

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 all of the grandparents out there wishing you a HAPPY GRANDPARENTS DAY! Please join us on September 10 at our Grandparents Day Family BBQ to celebrate!

- Lance Helton