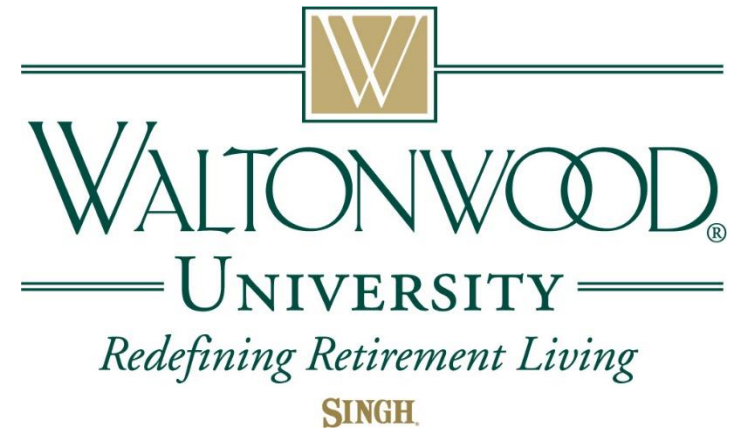


# UNIVERSITY CONNECT

SEPTEMBER 2019



3250 Waltonwood Blvd, Rochester Hills, MI  
[www.waltonwood.com](http://www.waltonwood.com) | 248-375-2500  
Facebook: /WaltonwoodUniversity



## COMMUNITY MANAGEMENT

Matthew Cortis  
Executive Director

Jenny Smith  
Business Office Manager

Betsy Weakland  
Marketing Manager

Lea Caruso  
Life Enrichment Manager IL

Stephanie Gillespie  
Life Enrichment Manager AL

Greg Ginter  
Maintenance Supervisor

Sara Benns  
Housekeeping Supervisor

Rehan Ahsan  
Culinary Service Manager

Holly Weaver  
Dining Room Supervisor

Leonette McKay  
Culinary Supervisor

## Words from Life Enrichment

Thank you so much to all who attended Camp Waltonwood this year! The children who attended had a great time & we were so lucky to have awesome weather! It was a great success and we can't wait to have the event again next year.

We will be having an End of Summer Bash on September 5<sup>th</sup> from 4 – 6 pm to celebrate the end of summer. There will be dinner, s'mores, activities & entertainment. Please RSVP by August 29<sup>th</sup> at the front desk, guests are welcomed! We hope to see you all there!



# ASSOCIATE SPOTLIGHT

Carie is our new Life Enrichment Assistant/Driver in Independent Living! Carie is a native Michigander and she attended Ferris State & Wayne State Universities studying social work. She’s been a social worker for 25 years working in the metro Detroit area. Carie has an eclectic background with experience in schools, hospitals and clinics. In her spare time, she enjoys gardening and going to art fairs. She has one daughter who is attending Kalamazoo college and she has two cats who she loves spending time with. Carie says, “I am looking forward to meeting all our residents and assisting out in the activity department!” Welcome Carie to the Waltonwood family!



# AUGUST HIGHLIGHTS

08

Enjoying our monthly Happy Hour!

10

Fun times at Camp Waltonwood!



19

Celebrating our August birthday’s with cupcakes & music!

22

Having a blast on the Pedal Boat Pub on Lake Orion!



# Forever Fit: 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.



# TRANSPORTATION INFORMATION

Bus Transportation # 248-989-0102

If you are interested in an outing that you see on the calendar, please visit the front desk and ask for the sign up book.

- September 3<sup>rd</sup> Hobby Lobby at 1 pm
- September 12<sup>th</sup> Meijer shopping at 1:30 p.m.
- September 17<sup>th</sup> Meijer shopping at 10:30 a.m.
- September 19<sup>th</sup> Lunch Outing: BFD Clubhouse at 12:30 p.m.
- September 24<sup>th</sup> Packard Proving Grounds Tour at 12:15 p.m.
- September 26<sup>th</sup> Meijer shopping at 1:30 p.m.
- September 26<sup>th</sup> Dinner Outing: Olive Garden at 4:00 p.m.

## SEPTEMBER SPECIAL EVENTS

03

September 3<sup>rd</sup> at 1:00 p.m.  
Hobby Lobby Outing!

05

September 5<sup>th</sup> from 4 – 6 p.m.  
End of Summer Bash in our  
IL Courtyard!

16

September 16<sup>th</sup> at 1:00 p.m.  
September birthday party with  
Steve Elmore!

24

September 24<sup>th</sup> at 12:15 p.m.  
Our men’s club will be  
traveling to tour Packard  
Proving Grounds!



## EXECUTIVE DIRECTOR CORNER

What a wonderful summer we had at Waltonwood. Thank you everyone who participated in our Camp Waltonwood event as we will definitely plan on this for next summer. It was nice to see everyone smiling and having a great time together as a family.

As many of you know Rehand Ahsan has joined our Waltonwood family as our Culinary Service Manager. He will be present in the dining room often and will becoming familiar with everyone as he continues within in role at Waltonwood.

-Matthew Cortis

Happy  
Birthday

## Celebrating Birthdays In September

13<sup>th</sup> Natalie P.

16<sup>th</sup> Margaret T.

16<sup>th</sup> Sharon W.

25<sup>th</sup> Julia P.

28<sup>th</sup> Kathleen S.

## CHEF'S COOKING DEMONSTRATIONS

02

September 2<sup>nd</sup>  
Labor Day BBQ Bash

12

September 12<sup>th</sup> at 11 a.m.  
Roll it or Bowl it Station

16

September 16<sup>th</sup> at 11 a.m.  
Ramen Bowl Station

26

September 26<sup>th</sup> at 11 a.m.  
Crepe Suzette Station

## CHEF'S SIGNATURE RECIPE: Curried Chicken (Trinidad Style)

### Ingredients

- 3 pounds whole chicken
- 1 teaspoon garlic (minced)
- 2 tablespoons green seasoning
- 1 teaspoon salt (to taste)
- 1 teaspoon hot pepper
- 2 tablespoons vegetable oil
- 4 tablespoons curry powder
- ½ cup tomato (chopped)
- ½ cup onion (chopped)
- ½ cup hot water

### Preparation

1. Cut chicken into small pieces and season with garlic, green seasoning, salt and hot pepper
2. Marinate for 30 minutes or more
3. Heat oil in an iron pot or skillet
4. Mix curry powder with ¼ cup of water until smooth; add to hot oil and cook for 2 minutes
5. Add chicken and stir to coat in curry; cook until all water dries out; stir well (about 10 mins)
6. Add tomatoes and onion; cook for a minute; stir in ½ cup hot water
7. Lower heat to medium; cover and cook until meat is tender; add more water if more cause is necessary
8. Adjust salt & hot pepper
9. Serve over rice



**\$1,000 RESIDENT REFERRAL BONUS**

**FRIENDS & FAMILY REFERRAL PROGRAM!**

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!