



September Birthdays

Please join us as we celebrate:

9/15 Eleanor Bendy

CHEF’S COOKING DEMONSTRATIONS

11 Stuffed Strawberries- Lunchtime

18 Sundae Bar-Lunchtime

19 Cooking Class-Fried Green Tomatoes-3pm

29 Pasta Bar-Dinnertime

CHEF’S SIGNATURE RECIPE

Fried Green Tomatoes

A crunchy, tangy, savory appetizer for a special occasion or everyday.

Ingredients

- 2 green tomatoes sliced thin
- 1/2 cup all-purpose flour
- 1/2 cup plain cornmeal
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup buttermilk
- 1/4-1/2 cup vegetable oil or Crisco as needed

Instructions

- Mix cornmeal, flour, cayenne pepper, salt and black pepper in a shallow dish.
- Pour buttermilk into another shallow dish.
- Heat oil on medium-high in a large cast iron skillet.
- Dip tomato slices in buttermilk and then dredge in cornmeal.
- Place tomato slices in hot oil and fry about 2 minutes per side, until lightly browned.
- Drain on paper towels and serve immediately.



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!

TWELVE OAKS CONNECT

SEPTEMBER 2019



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September will be about celebrating the end of our wonderful summer and hoping that the nice weather continues as we transition into Fall. We look forward to spending time on our patio and enjoying the wonderful sights, sounds and smells that it brings to us.

We will keep enjoying the herbs and tomatoes that have been growing in our garden, by making caprese salad with the red ones and using the green ones to make Fried Green Tomatoes with Chef Nick.

Please join us to kick off Assisted Living Week with a Grandparents Day Celebration on Sunday 9/8 from 11am-3pm and then continue on as we celebrate our awesome Care Team all week. We are very excited to make root beer floats for them.

The beginning of Autumn will be enjoyed by celebrating Labor Day, reminiscing about going back to school, enjoying apples, Oktoberfest and discussing the fall religious holidays that fall in September. Please come enjoy September with us.

COMMUNITY MANAGEMENT

Angie Hanson
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Alyssa “Lee” Tobias
Independent Living Manager

Alecia Greenberg
Life Enrichment Manager

Stephan Skidmore
Environmental Services Manager

Heather Laskos
Marketing Manager

Parnell Kenan
Marketing Manager

Barb Excel
Resident Care Manager

Melissa Berg
Wellness Coordinator

Mekisha Stovall
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Our new clinical team members

Mekisha began her career for Waltonwood at the Cherry Hill location in Canton in June 2015. She started as a caregiver and shortly after was promoted to a Med Tech, followed by a Med Tech Mentor, and then a supervisor in charge. Mekisha transferred to WW Twelve Oaks as the Wellness Coordinator in April of 2019. During this time, she was enrolled in an LPN Nursing Program. She became a Certified Licensed Practical Nurse in June. Mekisha is now part of the management team at WW Twelve Oaks working as the Wellness Coordinator/Nurse.



Melissa began her career in healthcare in 2006 as a caregiver in Alabama then quickly expanded her skills by becoming a Med Tech and then a house manager for small Adult Foster Care home that served residents of all ages living with disabilities. In addition, Melissa has had experience supervising a small HR office. In addition to living in Alabama she has also resided in Georgia and Indiana. Melissa came to Michigan a few years ago and found her way to WW Twelve Oaks in January 2019 where she now works as the Wellness Coordinator.



TRANSPORTATION INFORMATION

We welcome families to join us on the outings with your loved one. If you have any questions or fun ideas for outings please call Alecia at 248-735-1030.

September 4: Trip to Pavillion Park overlooking Walled Lake at 10:30 am

September 11: Picnic Lunch at Tollgate Farms at Noon

September 18: Costco Outing at 10:30 am

September 25: Kensington Island Queen and Lunch 10:30 am

AUGUST: HIGHLIGHTS



05

Making Dog Biscuits. We had a great time making dog biscuits for our furry friends that come to visit.

07

Art Therapy. It was great meeting our Art Therapist Jen and painting sunflowers that we have displayed in our LE room.



14

Pavillion Park Outing. Such a beautiful day to sit and enjoy Walled Lake and get a history lesson.

20

Sing Along in the Sunshine. We enjoyed a sing along in our beautiful courtyard.



FOREVER FIT - Focus on Health



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.

SEPTEMBER SPECIAL EVENTS



4

Art Therapy w/Jen

New program! We will enjoy a creative experience as we experiment with watercolor.

8

Grandparents Day

Celebration. Let's get *revved up* and enjoy our loved one's with a classic car show, food, games and live entertainment. Please RSVP 248-735-1030.

14

September

Birthday Celebration

Come join us as we celebrate our September Birthdays with ice cream sundaes.

26

Oktoberfest/Rosh

Hashanah Service. Please join us as we celebrate and discuss a few of the fall holidays.



EXECUTIVE DIRECTOR

The first month of me being welcomed into the community has been enjoyable. It has been a pleasure getting to know all of the residents, families and team members. If I haven't met you, please feel free to come and introduce yourselves or maybe I will see you at the upcoming Grandparents Day Celebration!

On a community note, I wanted to inform you that we have recently experienced an increase in staff turnover in many departments such as dining, environmental service and direct care. Much of this has been due to school starting in the fall. In order for us to ensure the least amount of impact on services, the managers have been diligently searching out the best talent to recruit and getting them hired and properly trained in a timely manner. It has been a real team effort!! I am confident that we will be stabilized early September. In addition we will be enhancing our onboarding by rolling out a newly formatted New Hire Orientation that will be both fun and engaging. Angie Hanson