



September Birthdays

- 9/3 Les M
- 9/14 Alec B
- 9/19 Bonna S
- 9/22 PJ D

September Birthday Celebration
September 13th
At 3:00pm
Entertainment by Dorothy Martin
(all are welcome)

CHEF’S COOKING DEMONSTRATIONS

03

Pasta Bar w/ Sauces - lunch

10

Stuffed Strawberries - Lunch

17

Table Side Sundae Bar - lunch

23

Fried Green Tomatoes Demo – 3:00pm

CHEF'S SIGNATURE RECIPE

Here is the recipe for the Fried Green Tomatoes that Nick will be making for our community using the tomatoes from our garden (hopefully).

Fried Green Tomatoes:

Ingredients:

- | | |
|--------------------------------|---------------------------|
| 2 green tomatoes – sliced thin | 1/2 cup all purpose flour |
| 1 /2 cup plain cornmeal | ¼ tsp cayenne pepper |
| 1 /2 teaspoon salt | 1 /2 tsp black pepper |
| 1 cup buttermilk | ¼-1/2 cup vegetable oil |

Directions:~

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

TWELVE OAKS CONNECT

SEPTEMBER 2019



“The WW Ladies Society” is now forming

Well ladies you asked for it and here it is...your very own ladies group!

You may think the “WW” is for WaltonWood but it really stands for the “Wonderful Women” in our communities.

The “WW Ladies Society” will hold social gatherings where they can reconnecting with old friends and make new ones. More importantly these ladies will participate in a variety of community endeavors where they can share their gifts, talents and fun loving spirit in order to bring joy to others.

If this sounds like you, then join us at our inaugural event on September 12th at 3:00 in the Activity Room when we add personalitv to our signature trademark hats.

RIDDLE & PUZZLES

What has a neck but no head?

First 3 correct answers receive a prize
(please put name, answer along with date and time on a piece of paper and place on my desk in jar)

Answer to last months: 1, then it no longer is empty.
Congratulations to Decky, Phil and Grace



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COMMUNITY MANAGEMENT

Karis Jones
Regional Executive Director

Angie Hanson
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Randi Furniss
Housekeeping Supervisor

Alyssa “Lee” Tobias
Independent Living Manager

Stefanie Roland
Life Enrichment Manager

Stephan Skidmore
Maintanence Supervisor

Heather Laskos
Marketing Manager

Parnell Kenan
Marketing Manager

Barb Exel
Resident Care 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!

FRIENDS & FAMILY REFERRAL PROGRAM!

SPOTLIGHT - Our New Clinical Team Member

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.



12

Some of our Men's Club members went over to the Independent Community for the hands on **Woodcarving Demo** where they were worked on their own carving.



13

A beautiful day for a walk in the Nature park.



20

A "friendly" **Volleyball Competition** was had between the Independent and Assisted Living Communities. The AL practice paid off with a win going in our column! Great job!



31

The **Men's Club** attended a wonderful brunch and interesting Wildlife Talk at the Richardson's Senior Center.



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.

TRANSPORTATION INFORMATION

Another great month of outings is in the works that will include local museums, events, eateries, concerts and seasonal activities. 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 Stefanie at 248-735-1030. Don't forget to sign up in the book located outside the Dining Room as soon as you are interested. Our bus fills up fast!

Kroger Grocery Store – 9:30 am on every Tuesday in September

Holy Family Catholic Church – 8:30 am every Wednesday

9/3	10:45	Lunch followed by a trip to Belle Isle's Nature Center
9/10	11:30	Lunch followed by a trip to Spicer's Orchard
9/17	11:45	Ladies Red Hat High Tea Luncheon
9/24	11:30	Metzger German Restaurant

SEPTEMBER SPECIAL EVENTS

2th

This Labor Day Jacque will take you back in time as she talks about "**Walled Lake and its Glory Days**" followed by a Documentary Video.

19th

Jennifer from **Wayne County Parks** will be back this month for a wonderful **Educational Wildlife Talk** on "**Nature's Night Life**".

23rd

Stu Johnson is back for another wonderful **Music Appreciation Talk -- "Travelogue of Jazz- the States"**

24, 26 & 30th

Just as **Oktoberfest** in Germany is more than a 1 day festivity, here at WTO we will celebrate for 3 days:
24th - Metzger Restaurant,
26th - Oktoberfest Celebration,
30th – "Hungry History" of Germany



EXECUTIVE DIRECTOR CORNER

The first month of 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.