



HAPPY  
BIRTHDAY

**Celebrating  
Birthday's in  
September**

**Chuck 9/02**  
**Irving 9/07**  
**Alice 9/02**  
**Susan 9/03**  
**Norman 9/04**  
**Phyllis 9/09**  
**Clara 9/19**  
**Mararet 9/23**  
**Tess 9/24**  
**Joe 9/27**  
**Marion 9/27**

**September 2nd  
Birthday Celebration**

**Wishing you a very  
Happy Birthday!**

## CHEF'S COOKING DEMONSTRATIONS

**02** Daiquiri's

**16** Pasta Bar with Sauces

**23** Tableside Caesar Salad

**30** Stuffed Strawberries

## CHEF'S SIGNATURE RECIPE Fried Green Tomatoes

### 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

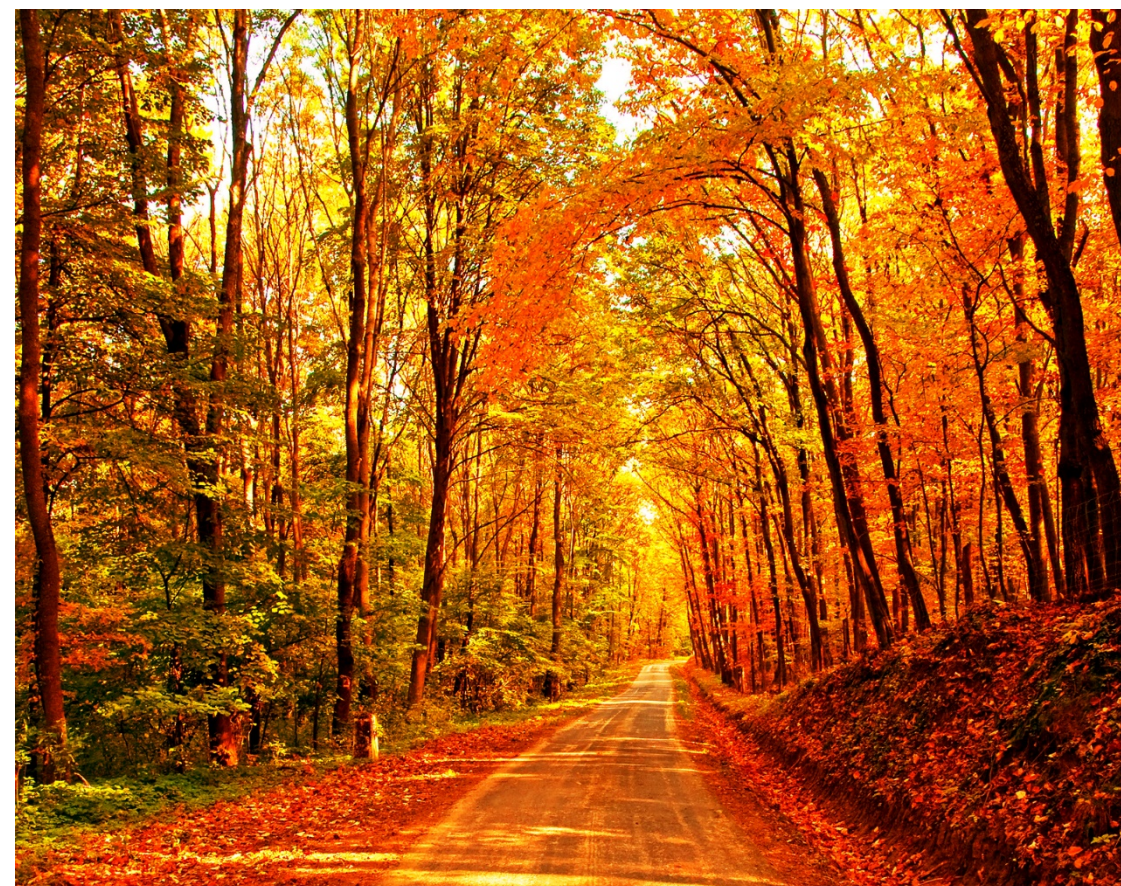
1. Mix cornmeal, flour, cayenne pepper, salt and black pepper in a shallow dish.
2. Pour buttermilk into another shallow dish.
3. Heat oil on medium-high in a large cast iron skillet.
4. Dip tomato slices in buttermilk and then dredge in cornmeal.
5. Place tomato slices in hot oil and fry about 2 minutes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

# TWELVE OAKS CONNECT

SEPTEMBER 2019



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Facebook: /WaltonwoodTwelveOaks



## UPCOMING EVENT HIGHLIGHT

**Please Join Us As We  
Perpare Fried Green  
Tomatoes Freshly Picked  
From Our Garden!**

**September 25, 2019**

**At 11:30 a.m. in the  
Activity Room**



## COMMUNITY MANAGEMENT

Executive Director  
Angie Hanson

Nicole McDonald  
Business Office Manager

Nicholas Laliros  
Culinary Services Manager

Alyssa Tobias  
Independent Living Manager

Monique Furniss  
Life Enrichment Manager

Stephan Skidmore  
Environmental Services  
Manager

Heather Lasko  
Marketing Manager

Parnell Kenan  
Marketing Manager

Barbara Exel  
Resident Care Manager

Melissa Berg  
Wellness Coordinator



**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!



ASSOCIATE SPOTLIGHT



**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.

AUGUST HIGHLIGHTS

**02** National Ice Cream Sandwich Day  
“Money can’t buy happiness, but it can buy ice cream and that’s almost the same thing.”

**10** National Bowling Day  
I’m a bowling pin, even when I fall I’ll always stand back up.

**09** Kensington Farm  
“But...that doesn't make any sense...!”  
'It does if you're a goat.”

**26** Woodcarving  
If it doesn’t challenge you, it won’t change you.



FOREVER FIT/WELLNESS TOPIC/LE  
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

“Open” Bus Service Every Thursday

- ❖ Doctor’s visit
- ❖ Shopping Trips
- ❖ Emagine Theatre
- ❖ Restaurants
- ❖ Local Community Centers



Doctor’s visits will take priority over all other requests.

Please see Mike 2 week prior to your appointment date so that he can confirm the request.

Mike will make every attempt to accommodate your request.

Please join us on Friday’s for our Outings, sign up book located in the Fireside Lounge.

SEPTEMBER SPECIAL EVENTS

**01** Birthday/Labor Day Celebration  
If you have a Birthday in the month of September please come celebrate with us.

**19** New Resident Luncheon  
“The great thing about new friends is that they bring new energy to your soul”

**08** Grandparents Day Celebration  
Includes: Car Show, food, games and live entertainment.

**20** National Peperoni Pizza Day  
“Food brings people together on many different levels. It’s nourishment of the soul and body.”



EXECUTIVE DIRECTOR CORNER

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.