



Celebrating Birthdays In September

Mary W. 9/10



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

02 BBQ Grilling on Patio

Enjoy lunch with fresh berries and hand whipped cream right at your table!

10 Tableside Salad

Field Green Salad and Dijon Chicken Breast right at your table!

17 Ice Cream Sundae Bar

After lunch treat yourself to a delicious ice cream sundae! Choose your toppings and make it great!

26 Oktoberfest

Lunch today will feature delicious foods celebrating the beginning of Oktober fest!

POTATO GNOCCHI

Dough Ingredients

8# Idaho potato

4 whole eggs

7c cake flour

Salt and pepper to taste

Method:

Boil potatoes with the skins on until they are nice and tender.

Train potatoes, while they are still hot carefully peel off the skins using a paring knife.

Rice the peeled potatoes into a mixing bowl

Slowly mix in the whole eggs and then the flour, season.

(For great gnocchi the dough should stay as warm as possible.)

On a floured table roll the dough out into long logs, cut with a bench scraper.

Roll the little dough onto the side of a flour bread basket.

Freeze until service.

\$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!

CARRIAGE PARK CONNECT

SEPTEMBER 2019



2000 Canton Center Rd., Canton, MI 48188
www.waltonwood.com | 734-844-3060
Facebook: /WaltonwoodCarriagePark



SCHEDULE OF EVENTS

Carriage Park Art Showcase **Sunday, September 8** **2:00-4:00pm**
Our show will feature the works we have created over the past year as well as live music and appetizers!

Painting Class **Monday, September 9** **10:30am**
Instructor Jennifer will lead us through a simple step by step painting to create a piece you can be proud of!

Pasta Making Class **Tuesday, September 10** **2:00pm**
Chef Joel will be showing us how to create our very own authentic Italian pasta!

Talent Show **Wednesday, September 11** **7:00pm**
Show off your talent! Staff and residents alike are invited to strut their stuff! Show us what you can do!

Game Show Fun **Thursday, September 12** **10:30am**
Games from our favorite game shows will be played for fun and prizes today!

Petting Farm **Friday, September 13** **2:00-3:00pm**
A visiting petting farm will stimulates so many of our senses as we see, touch, smell and hear the different farm animals.

Latin Dance Lessons **Saturday, September 14** **1:00pm**
Have fun trying something new!! Sarah will teach us some basic steps today!

COMMUNITY MANAGEMENT

Dustin Stolzman
Executive Director

Terry Lobb
Business Office Manager

Joel Vassallo
Culinary Services Manager

Erin McGraw
Life Enrichment Manager

Nichole Passmore
Life Enrichment Manager

Annette Rogers
Marketing Manager

JoAnn Mayher
Resident Care Manager

Jeremy Meriwether
Wellness Coordinator

Mike Burlett
Maintenance Manager

Nathan Brown
Independent Living Manager

Chandler Bryant
Marketing Manager

ASSOCIATE SPOTLIGHT

We would like to congratulate our Associate of the Month, Renee Chambers, (IL Concierge)! Renee has become a staple in our community, integrating with the residents with her friendly and compassionate demeanor. Renee always extends herself to help the residents, going above and beyond to meet the needs and expectations of our community. She is also a team player and one of our most reliable associates. We appreciate Renee’s contributions to our community!



AUGUST HIGHLIGHTS

07

We visited the War Dog Memorial Park honoring those dogs that served their country.

12

We traveled to Livonia to pay our respects at the Moving Vietnam Veterans Memorial.



22

So much fun at Spring Valley Trout Farm! We caught some fish and fried them up for lunch!

27

Balancing Earth stopped by to perform a 50's show for us!



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.

- Chris Grabowski, MS, Senior Forever Fit Manager

TRANSPORTATION INFORMATION

Check the information table near the mailboxes for families and residents to sign up for outings or other transportation. If you or your loved one would like to be included in an outing please be sure to sign up! Family members are welcome to attend too! Outings that require additional fees will be charged to the resident’s account.

Note: If transportation is needed for an appointment, please confirm availability with the front desk.

SEPTEMBER OUTINGS

- **Wednesday Bus Rides**
Bus Rides will take place Wednesdays at 2:00pm, unless otherwise noted. Locations will vary. All bus rides are subject to weather. Please see calendar for details.
- **Lunch Out:** Join us as we head to Ruby Tuesday this month for a delicious lunch! Lunch fees will be charged to resident’s account. Bus loads 11:30am

***Please note that all outings are weather permitting.*

SEPTEMBER SPECIAL EVENTS

08

Our Art Show will feature the works we have created over the past year as well as live music and appetizers!

11

We are so lucky to have this beautiful museum right in our backyard. Travel to the Detroit Institute of Arts today!



26

Oktoberfest is here! Have a frosty brew and pretzels while enjoying the sounds of the season!

25

Hit the road for our first color tour of the season! Our bus will take us to the best spots for fall color!



EXECUTIVE DIRECTOR CORNER

Our wonderful summer will be soon be coming to an end, but Michigan has amazing fall seasons, so we still have many beautiful days to come! However, with the upcoming seasonal changes come the potential for influenza (flu). The flu activity often begins to increase in October. Most of the time flu activity peaks between December and February, and it can last as late as May! According to the CDC, there are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Once again, Waltonwood Carriage Park will be partnering with Oakland Home Care on **Thursday October 3rd** to offer our residents the opportunity to receive the flu shot onsite. Consent forms are available at the concierge desk if you would like to receive the flu shot—times will be announced closer to the scheduled date.

Best Regards, Dustin Stolzman, Executive Director