

# UNIVERSITY CONNECT

SEPTEMBER 2019



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



## September!

Trees reach like glowing embers  
to singe the autumn skies.  
Leaves burst with blinding colour  
like sparks that spin and rise  
Then a breath of weightless fog  
moves across the silent lake  
where trails of molten clouds  
fill the sunset's smoky wake.

The harvest moon emerges  
like a second burning sun  
to fill the sky with button-stars  
that morning pulls undone.  
Sunlight floods the gardens  
to melt the morning dew.  
This is where my heart resides  
since September gave me you.

## COMMUNITY MANAGEMENT

Matthew Cortis  
Executive Director

Jenny Smith  
Business Office Manager

Betsy Weakland  
Marketing Manager

Stephanie Gillespie  
Life Enrichment Manager AL

Lea Caruso  
Life Enrichment Manager IL

Leonette Mckay  
Culinary Supervisor

Greg Ginter  
Maintenance Supervisor

Sara Benns  
Housekeeping Supervisor

Holly Weaver  
Dining Room Supervisor



# 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

We had a wonderful Cooking demonstration from our Chef!

10

We had some much fun at our Camp Waltonwood!



21

We had a blast at the bowling alley!

22

We had a blast at our picnic in the park!



# 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 Transporation # 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.

Wednesdays are Assisted Living Outing days. The bus is available for transportation to doctor appointments by calling the bus phone to schedule with our driver. A family member is required to accompany an assisted living resident to any doctor appointment.

- September 4<sup>th</sup> at 11am Outing to The Detroit Zoo
- September 11<sup>th</sup> at 11:30am Lunch Outing to The Jagged Fork
- September 18<sup>th</sup> at 11:30am Lunch Outing to Red Olive
- September 25<sup>th</sup> at 1:30pm Outing to the Cider Mill

## SEPTEMBER SPECIAL EVENTS

04 11am

We will going to the Detroit zoo for senior day!

05 4pm

We will be having our family end of summer bash!

09 2:30pm

Billy with be singing us some wonderful Frank Sinatra!

17 11am

We will be making dog toys for the dog shelter!



## 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 J. Cortis, Executive Director



# September Birthday's!

4<sup>th</sup> - Veronnica H

## CHEF'S COOKING DEMONSTRATIONS

02

2pm: Labor Day BBQ

05

2pm: Ramen Bowl Station

12

2pm: Roll it or Bowl It

26

2pm: Crepe Suzette Station

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

- 1 3-pounds whole chickens
- 1 teaspoon garlic (minced)
- 2 tablespoons green seasoning (minced, found in most West Indian grocery stores. If unable to find minced thyme and green onion should work)
- 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

### Directions:

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

\$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!