

UNIVERSITY CONNECT

SEPTEMBER 2019

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



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



September!

Trees reach like glowing embers

The harvest moon emerges

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.

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.

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

80

10

We had a wonderful Cooking demonstration from our Chef! We had some much fun at our Camp Waltonwood!

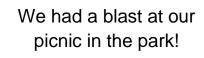




21

22

We had a blast at the bowling alley!







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 4th at 11am Outing to The Detroit Zoo

September 11th at 11:30am Lunch Outing to The Jagged Fork

September 18th at 11:30am Lunch Outing to Red Olive

September 25th at 1:30pm Outing to the Cider Mill

SEPTEMBER SPECIAL EVENTS



We will going to the Detroit zoo for senior day!

5 4pm

We will be having our family end of summer bash!

9 2:30pm

Billy with be singing us some wonderful Frank Sinatra!



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



CHEF'S COOKING DEMONSTRATIONS

02

05

2pm: Labor Day BBQ

2pm: Ramen Bowl Station

12

26

2pm: Roll it or Bowl It

2pm: Crepe Suzette Station

September Birthday's!

4th - Veronnica H

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
- ¹/₂ cup tomato (chopped)
- ¹/₂ cup onion (chopped)
- ¹/₂ 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





FRIENDS & FAMILY REFERRAL PROGRAM!

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!