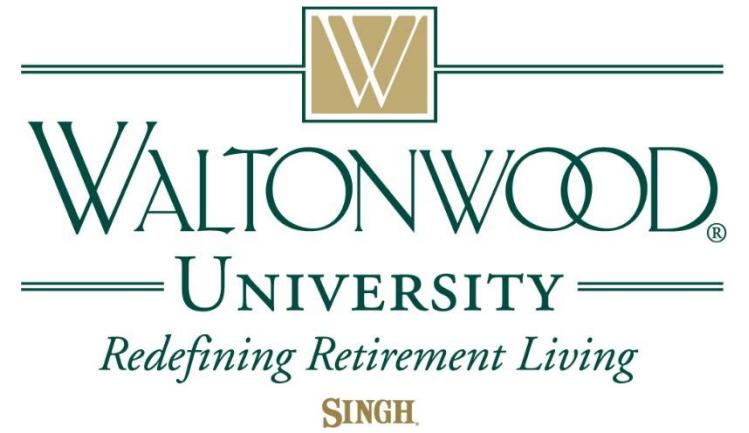


UNIVERSITY CONNECT

NOVEMBER 2019



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



COMMUNITY MANAGEMENT

Matthew Cortis
Executive Director

Jenny Smith
Business Office Manager

Betsy Weakland
Marketing Manager

McKenna LeCouffe
Move In Coordinator

Lea Caruso
Life Enrichment Manager IL

Stephanie Gillespie
Life Enrichment Manager AL

Greg Ginter
Maintenance Supervisor

Sara Benns
Housekeeping Supervisor

Rehan Ahsan
Culinary Service Manager

Holly Weaver
Dining Room Supervisor

Leonette McKay
Culinary Supervisor

Courtney VanDerHaegen
Wellness Coordinator

To Autumn

We walk on starry fields of white
And do not see the daisies,
For blessings common in our sight
We rarely offer praises.
We sigh for some supreme delight
To crown our lives with splendor,
And quite ignore our daily store
Of pleasures sweet and tender.

Our cares are bold and push their way
Upon our thought and feeling;
They hang about us all the day,
Our time from pleasure stealing.
So unobtrusive many a joy
We pass by and forget it,
But worry strives to own our lives,
And conquers if we let it.

There's not a day in all the year
But holds some hidden pleasure,
And, looking back, joys oft appear
To brim the past's wide measure.
But blessings are like friends, I hold,
Who love and labour near us.
We ought to raise our notes of praise
While living hearts can hear us.
Full many a blessing wears the guise
Of worry or of trouble;
Far-seeing is the soul, and wise,
Who knows the mask is double.
But he who has the faith and strength
To thank his God for sorrow
Has found a joy without alloy
To gladden every morrow.
We ought to make the moments notes
Of happy, glad Thanksgiving;
The hours and days a silent phrase
Of music we are living.
And so the theme should swell and grow
As weeks and months pass o'er us,
And rise sublime at this good time,
A grand Thanksgiving chorus.

ASSOCIATE SPOTLIGHT

Katelyn is our new Life Enrichment Assistant! Katelyn grew up in the Clarkston area and currently lives in the tiny town of Ortonville. After high school, Katelyn moved to Chicago where she spent 3 years studying Graphic Design. She dediced to move back home and received her associate's degree in Exercise Science from OCC. When Katelyn is not at Waltonwood, she works as a group fitness instructor teaching a variety of classes. Katelyn loves sewing, crocheting, painting and watching TV/movies. Katelyn says, "I am excited for the opportunity to be part of the Life Enrichment team here at Waltonwood. I can't wait to see what we do together!" Welcome Katelyn!



OCTOBER HIGHLIGHTS

03

Ladies painting sunflowers during Active Aging week!

07

Celebrating our Active Aging Ambassadors!



10

Learning all about dog leashes while touring Leader Dog for the Blind!

22

Having a blast at our Halloween party!



Forever Fit: Positive Outlets

No matter the age stress is a part of our daily lives. How we choose to manage it however can significantly impact our overall health and wellness. When left to build over time chronic stress causes a hormonal change in the body making us more susceptible to conditions such as anxiety, depression, type 2 diabetes, heart attack and stroke. The good news is that positive coping strategies such as regular exercise, a well-balanced diet, adequate sleep and a strong support system of family and friends have all been directly linked to lower stress levels and a better quality of life. In the fast pace of life, it's far too easy to get caught up in everything else going on that we simply forget about how we feel and our own well-being. This month slow down, take some time for yourself and make cutting down on your stress your #1 priority.

TRANSPORTATION INFORMATION

Bus Transportation # 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.

Please be mindful of our new transportation schedule & transportation request forms:

Monday/Thursday – doctor appointments
Tuesday’s – IL Outings/ Wednesday’s – AL Outings
Friday’s – Cadillac errands

- November 5th CVS/Bank Outing at 10 a.m.
- November 5th “Harriet” Movie Outing at 12:15 p.m.
- November 7th Meijer shopping trip at 10:30 a.m.
- November 12th Casino Outing at 10 a.m.
- November 13th Meijer shopping trip at 10:30 a.m.
- November 18th Lunch with Friends at WW Main at 12 p.m.
- November 19th Meijer shopping trip at 10 a.m.
- November 19th Lunch Bunch: Palazzo di Bocce at 12 p.m.
- November 22nd Twelve Oaks Choir Performance 8:45 a.m.
- November 26th Meijer shopping trip at 10:30 a.m.
- November 26th Dinner Outing: Alfoccino’s at 4 p.m.

NOVEMBER SPECIAL EVENTS

02

November 2nd from
10 a.m. – 3 p.m.

Fine Arts/Craft Show at our
communituy! All are welcome!

12

November 12th at 7 p.m.

Song Birds Choir
Performance in the campus
room!

19

November 19th at 12 p.m.

Lunch Bunch at Palazzo di Bocce

25

November 25th from

4:30 – 5:30 p.m.

Thanksgiving Buffet with music
from Jim Coury



EXECUTIVE DIRECTOR CORNER

Thank you to everyone who attended the Executive Director Tea Time event in the campus room last month. It was nice to communicate with everyone on a more personal level. The next Tea Time will be scheduled on November 11th at 11A.M. and as promised I will provide more loose tea brewed fresh to enjoy. As a reminder, please plan your doctors appointments a week in advance if we will be transporting you. Doctor appointment transportation will be every Monday and Thursday and the request sheets are outside of Lea’s (Life Enrichment Manger) office. Thanksgiving dinner at our community is scheduled on November 25th from 4:30 to 6:30 P.M. Please sign up at the front desk with a maximum of 2 guests with a \$15 charge per guest. I would like to thank all of our residents who participated in our first community craft show. We are excited for this event over the weekend. -Matthew Cortis

Happy
Birthday

Celebrating Birthdays In November

3rd Betty C.

4th Joann E.

8th Virginia F.

14th Nancy C.

16th Allen S.

16th Ruth S.

19th Joan F.

23rd Helga O.

CHEF'S COOKING DEMONSTRATIONS

07

November 7th at 11 a.m.
Greek Street Food Station

14

November 14th at 11 a.m.
Pecan Chicken Salad Station

21

November 21st at 12 p.m.
Sushi 101 Station

26

November 26th at 11 a.m.
Home-made Donut Station

CHEF'S SIGNATURE RECIPE: Pan Seared Saganaki Recipe

Ingredients

- 3 ounce Firm Cheese (Graviera)
- 3 ounce Water to taste
- ½ cup All-Purpose Flour
- 1 Teaspoon Olive Oil
- ½ Lemon each portion
- ½ ounce Red Onion
- ¼ ounce Cubed Croutons

Preparation

1. Cut the cheese into slices or wedges 1/2-inch thick by 2 1/2 to 3 inches wide. Each slice must be thick enough that it doesn't melt during cooking.
2. Moisten each slice with cold water and dredge it in the flour. Shake off any excess flour.
3. Heat about 1 tablespoon of the oil over medium-high heat in a Saganaki or small heavy-bottomed frying pan. Cast iron works best.
4. Sear each cheese slice in the heated oil until its golden brown.
5. Flip the slice midway through to brown both sides evenly.
6. Serve hot with a last-minute squeeze of lemon juice.



\$1,000 RESIDENT REFERRAL BONUS

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!