



NOVEMBER BIRTHDAYS

- Marlys 11/2
- Jackie D. 11/2
- Barb B. 11/5
- Pat B. 11/7
- Harvey W. 11/9
- Mel Z. 11/8
- Rosemarie R. 11/13
- Eileen R. 11/13
- Dolores R. 11/19
- Bill F. 11/25
- Karen B. 11/28
- Sally B. 11/29
- Inez F. 11/30



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

06

Penne Pasta Station

13

Chopped Salad Toss Station

20

Garlic Shrimp & Orzo

27

Mixed Berry Crepes

CHEF’S SIGNATURE RECIPE

Apple Crisp

Filling:

- 1/2 cup granulated sugar
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 2 pounds Granny Smith apples, peeled, cored and sliced 1/4-inch thick
- 1 tablespoon freshly squeezed lemon juice

Topping:

- 1/2 cups old-fashioned rolled oats
- 1 cup all-purpose flour
- 1/2 cup packed light brown sugar
- 1/2 teaspoon kosher salt
- 1 1/2 sticks unsalted butter, melted and cooled, plus more for the baking dish
- 1 teaspoon pure vanilla extract

Directions:

Arrange a rack in the middle of the oven and heat to 350°F. Coat a 9-inch square glass baking dish with butter; set aside. Whisk the sugar and cornstarch together in a large bowl to break up any lumps. Add the apples and lemon juice and toss gently to coat. Transfer to the baking dish and spread into an even layer. Place the oats, flour, brown sugar, and salt in a medium or large bowl — it can be the bowl that was just used for the apples — and stir until combined. Drizzle the butter and vanilla over the oat mixture and stir to combine. Scatter the crisp topping evenly over the fruit mixture, leaving large clumps intact. Bake until the fruit juices are bubbling around the edges of the baking dish and the topping is golden and firm to the touch, 50 to 60 minutes. Allow to cool.

-Sean McNally | Culinary Services Manager

\$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!

MAIN CONNECT

NOVEMBER 2019



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Facebook: /WaltonwoodMain



FINDING PRESENCE DURING THE HOLIDAYS

The Holidays are quickly approaching and it’s one of the happiest (and busiest) times of the year. As we fill up our calendars with dinners, friends and holiday fun, the stress of preparing for the holidays grows. It can become challenging to juggle all that we want to squeeze in our schedule. So we don’t sabotage our favorite festivities with stress overload – here are some easy techniques to help you relax and be present during the busiest time of the year.

- 1. Focus on your breath.** Taking longer exhales helps activate your parasympathetic nervous system, which helps your entire body and mind to rest & digest.
- 2. Focus on what you can do.** Make a list, do what you can, and let the rest go! We can’t control everything.
- 3. Let go of worrying.** Worrying is a waste of our precious energy and inconveniences will happen. Recognize them for what they are and let go.

COMMUNITY MANAGEMENT

- Lance Helton
Executive Director
- Kelly Kaspor, RN
Resident Care Manager
- Lora Baltosiewich
Business Office Manager
- Sean McNally
Culinary Services Manager
- Liz McMurtrie, CTRS
AL Life Enrichment Manager
- Kathleen Colonello
MC Life Enrichment Manager
- David Mantels
Maintenance Supervisor
- Alana Stultz
Marketing Manager
- April Myers
Marketing Manager
- Natoria Wheeler
Wellness Coordinator
- Jonathan Hills
Wellness Coordinator

ASSOCIATE SPOTLIGHT

CINDY GRAY

Cindy was born March 4, 1962 at St. Joseph hospital in Pontiac, MI. Cindy's Dad was a Pastor and her Mom was a beautician. Cindy has 4 younger sisters and they grew up in Walled Lake and Waterford, MI. Cindy attended Springfield Christian High School and Hyles Anderson Christian College in Indiana. She taught elementary students at private schools after college. She met her husband at church and they married in 1984. They have 2 daughters and 1 son. Cindy's favorite movie is "Footloose", her favorite song is *I'm a Survivor*, and her favorite ice cream flavor is mint chocolate chip. In her free time, Cindy loves to spend time with her family. Cindy is a cancer survivor. Her biggest accomplishment is being able to raise her children, and overcome the obstacles that come her way. If she could travel anywhere she would love to go to Paris and Hawaii.



OCTOBER HIGHLIGHTS

01

We enjoyed our visit to the Belle Isle Aquarium, the oldest aquarium in the country!

01

Residents, Marilyn and Pat, enjoyed learning about the various types of fish and aquatic life at the aquarium.



11

Inez hard at work spooning out Pumpkin Pie Chocolate Chip Cookies to bake! Thanks to the baking group for these delicious treats!

11

Josie was our recipe reader!



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.

Chris Grabowski, MS | Senior Forever Fit Manager

TRANSPORTATION INFORMATION

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John's Lutheran and St. Andrew's Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles. Check out our group outings this month and be sure to join us!

November 5th—Coffee & Pie at Grand Traverse Pie Company, 2:15pm
November 6th—Shopping at Dollar Tree & Walgreen's, 3:00pm
November 12th—Tour of the Parade Company Warehouse, 1:00pm
November 13th—Scenic Drive at Stoney Creek, 3:00pm
November 20th—Ice Cream at Screamer's, 3:00pm
November 26th—Movie Outing, TBA
November 27th—Lunch Outing at Red Lobster, 11:00am

NOVEMBER SPECIAL EVENTS

6

Travel to the Phillipines with Life Enrichment assistant, Joy. Learn more about the style of dress, culture and make sweet egg rolls!

7

Learn more about staying safe by preventing falls. Professionals with the Ascension Providence Rochester team will be here to educate us!

11

Join friends and neighbors as we honor our resident veterans in a special ceremony!

19

Families and Friends are invited to join us for a delicious Thanksgiving dinner. \$15 per person, please RSVP to front desk.



EXECUTIVE DIRECTOR CORNER

The human need to express gratitude seems to be a powerful and almost universal phenomenon. But why? Robert A. Emmons, Ph.D, a psychology professor at the University of California, Davis, is trying to answer that question. For too long, the concept of gratitude had been ignored," said Emmons, director of the university's Emmons Lab, which creates and shares scientific data on gratitude, its causes, and its potential effects on human health and well-being. He calls it "the forgotten factor in the science of well-being." The results of his studies and others — both psychological and physiological — are fascinating. Here, five reasons why giving thanks is actually good for you.

1. Counting blessings boosts your health.
2. Slows down the aging process.
3. Puts the brakes on stress.
4. Helps form stronger bonds with friends, families and even strangers.
5. Gratitude is good for the heart, blood pressure, and even your waistline!