



November Birthdays

11/23 Maurice D

11/24 Darlene H

November Birthday Celebration

November 8th

At 3:00pm

Entertainment by

Prism

(all are welcome)

CHEF'S COOKING DEMONSTRATIONS

05

Salad Bar - Lunch

12

Grill Cheese Sandwich - Dinner

19

Vanilla Malt Station - Lunch

27

Holiday Bite-Size Appetizer Demo
– 2:00pm

CHEF'S SIGNATURE RECIPE – Sweet Potato Pie

Ingredients:

- 1 Pie Shell
- 1-1/3 Cup – Yams or Sweet Potato
- ¼ lb – Brown Sugar
- ¼ tsp – Salt
- ¼ tsp – cinnamon
- ¼ tsp allspice
- ¾ tsp vanilla
- 1/3 cup, 2tsp eggs
- 1 cup evaporated milk

Directions:

1. Preheat oven to 350 degrees F.
2. Steam whole potatoes for 15-30 minutes until very soft. Cut off about 1" of the pointed end of the potato to eliminate stringy fiber. Peel and slice. Add potato to the mixer and mash.
3. Add sugar, spices and eggs to mashed potatoes.
4. Gradually add milk to mixture.
5. Pour about 3-1/2 cups filling into unbaked pie crusts and bake at 350° for 35-40 min or until custard appears to be set.
6. Chill well. Cut each pie into 10 slices. Add whipped cream and enjoy!.

\$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!

TWELVE OAKS CONNECT



27495 Huron Circle, Novi, MI 48377
www.waltonwood.com | 248-735-1030
Facebook: /WaltonwoodTwelveOaks



The Missing Man Table will be prominently displayed outside the dining room from November 4-18th.

Please stop by and reflect on those who are not here but gave everything so we can have so many freedoms

Veteran's Day Celebrations

Many of our WTO Veteran's will be going to the Novi Civic Center on **November 7th**, where they will enjoy a recognition ceremony and wonderful brunch.

Please join us as we celebrate our Veteran's on **November 11th at 10:30 am** in the Piano area. The WTO choir will kick off the festivities while we recognize our Veteran's followed by Marimba Patriotic Music presented by Paul Demic.

Waltonwood Family Thanksgiving

Saturday November 16th

Time 4-8pm RSVP by 11/8 to reserve your seat

COMMUNITY MANAGEMENT

Karis Jones
Regional Executive Director

Angie Hanson
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Randi Furniss
Housekeeping Supervisor

Alyssa "Lee" Tobias
Independent Living Manager

Stefanie Roland
Life Enrichment Manager

Stephan Skidmore
Maintenance Supervisor

Heather Laskos
Marketing Manager

Parnell Kenan
Marketing Manager

Barb Exel
Resident Care Manager

FRIENDS & FAMILY REFERRAL PROGRAM!

SPOTLIGHT – STACEY SIRABIAN

Stacey Sirabian is our new Memory Care Life Enrichment Assistant. She has been a wonderful addition to our team. The residents adore her and took to her immediately. Alzheimer's is something that Stacey knows a lot about, as her Aunt Doris, who played a big role in her childhood had it. She loved and cared for her aunt very much and visited her every week. This and her natural ability to light up the room with her contagious energy is a delight to our community.

Stacey is a recent graduate of Central Michigan University, where she graduated with a degree in Communications. She also has a marketing and customer service back round. On her days off she is a substitute teacher, but her passion is working with the senior population, which lead her to pursue this career path.

Stacey enjoys traveling, golfing, being outside, working out, listening to music, running, and spending time with her loved ones. She is very close to her family, and they are huge sports fans who love to go to all Detroit sporting events. They make time to spend with one another often. Her father is a physical therapist, her mom is a retired secretary and her brother is a veterinarian. Her boyfriend is in information technology, they met at CMU.

When you come to visit your loved one, please make sure you introduce yourself and you will see why we are so happy to have her here!



1-7

Active Aging Week was a huge success with over 53 residents participating in at least one of our events.

21

Jacque shared her love of history and of **Greenfield Village** with our residents. She even dressed the part! What an informative **educational talk!**



21

The **Ladies Green Hat** society came together for their first all 3 community member social event.. What could get all these ladies together at the same time? You got it ...**B-I-N-G-O!**

30/31

Our community loves **Halloween!** We had **5 events** that the residents participated in: **“Spooky Nocturnal Animal”** Education Talk, **Halloween Wine & Cheese, History, Superstiion & Folklore of Halloween, Halloween Dance Party & Halloween Painting with a Twist**



FOREVER FIT - Focus on Health

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

Another great month of outings is in the works that will include local museums, events, eateries, concerts and seasonal activities. We welcome families to join us on the outings with your loved one. If you have any questions or fun ideas for outings please call Stefanie at 248-735-1030. Don't forget to sign up in the book located outside the Dining Room as soon as you are interested. Our bus fills up fast!

Kroger Grocery Store – 9:30 am on *Friday, November 8th & Tuesday 12th, 19th & 26th*

Holy Family Catholic Church – 8:30 am on the 1st three Wednesdays of the month

11/8	11:30	Men’s Club Lunch & Chi-Town Model Train Museum
11/12	11:45	Steve & Rocky’s Restaurant
11/19	11:30	Buddy’s Pizza
11/26	10:30	Lunch & Tour of Ford & Edsel’s Home

NOVEMBER SPECIAL EVENTS

5th

“Novi Choralaires” will be kicking off the holiday festivities with their annual evening concert at 7:00pm. You won’t want to miss this!

16th

Family and Friends are invited to enjoy our **“Family Thanksgiving Feast”** from **4:00-8:00 pm. RSVP by November 8th!** Come early and enjoy the beautiful music of **Mary Barlett.**

22nd

Twelve Oaks hosts the **2nd Annual Waltonwood Multi-Property Holiday Concert.**

24th

Another great holiday concert is planned for this month. The **DTE Singers** will be entertaining at 7:00pm.



EXECUTIVE DIRECTOR CORNER

Fall is definitely in the air with the crisp weather and changing colors of the leaves. Hope you take the time to get out and enjoy it before the change of season. As a friendly reminder, daily light savings ends this Sunday11/3 so don't forget to move your clocks back one hour.

I am happy to announce that the Assisted Living Community is at full census meaning we have all apartments full!! Although this is great news, we have run into a few small issues during dinner service. To address these issues, the dining department has implemented two seating times one at 4:30 p.m. and the other at 6:00 p.m. This should limit high volume during mealtimes and decrease wait time for meal service. In addition, we have found it difficult to accommodate guests at the 4:30 seating due to limited seat availability. If you plan on having visitors, please come to the dining area at the 6 o'clock time. Another practice we are implementing is guest meal tickets that will need to be signed by the resident so that we have proper documentation to submit to our billing department.

Thank you for sharing your community and home with me. Please know my door is always open.
Angie Hanson, Executive Director