



HAPPY BIRTHDAY

CHEF'S COOKING DEMONSTRATIONS

04 Salad Bar Station

11 Grill Cheese Station

18 Vanilla Malt Station

25 Banana Foster Station

CHEF'S SIGNATURE RECIPE Sweet Potatoes

Ingredients Diets

- 1 Pie Shell Pie shell, unbaked, 10"
- 1 1/3 Cup Yam, cut, ls, cnd
- 1/4 Lb. Sugar, brown
- 1/4 Tsp Salt, iodized
- 1/4 Tsp Spice, cinnamon, ground
- 1/4 Tsp Spice, allspice, ground
- 3/4 Tsp Extract, vanilla, imitation
- 1/3 Cup, 2 Tsp Eggs, liquid whole,
- 1 Cup Milk, evaporated



Directions

1. Drain canned sweet potatoes or yams.
2. Mash potatoes in mixer.
3. Add all ingredients to mashed potatoes except evaporated milk.
4. Gradually add milk to mixture.
5. Pour about 3 1/2 cups filling into unbaked pie crusts and bake at 350 F for 35-40 minutes or until custard appears to be set.
6. Chill well. Cut each pie into 10 slices. Pies must be refrigerated until service.
7. Serve 1 slice pie per portion. May top with whip topping.

Celebrating Birthday's in November

- 11/1 Emelyn T
- 11/5 Esther H
- 11/28 Marjorie S
- 11/29 Rachel C
- 11/29 Helen K

November 4th
Birthday Celebration
Wishing you a very

Happy Birthday!



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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

NOVEMBER 2019



UPCOMING EVENT HIGHLIGHT

Veterans Day Program
Monday November 11, 2019
At 10:30 a.m. in Assisted Living Piano Area.

On this special day, we remember and honor the brave men and women who have sacrificed so much so that we can live free.



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Facebook: /WaltonwoodTwelveOaks

COMMUNITY MANAGEMENT

Executive Director
Angie Hanson

Nicole McDonald
Business Office Manager

Nicholas Laliou
Culinary Services Manager

Alyssa Tobias
Independent Living Manager

Monique Furniss
Life Enrichment Manager

Stephan Skidmore
Environmental Services Manager

Heather Lasko
Marketing Manager

Parnell Kenan
Marketing Manager

Resident Care Manager

Melissa Berg
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Basma was born and raised in Iraq, fled to Jordan after the war where she lived for 3 years before coming to the US. Basma recently became a US citizen, Basma has been with Waltonwood for 6 years, she's taking Computer Information Systems classes and plans to receive her degree in the next 2 years. We are so lucky to have Basma apart of the Waltonwood family.



TRANSPORTATION INFORMATION

“Open” Bus Service Every Thursday

- ❖ Doctor's visit
- ❖ Shopping Trips
- ❖ Emagine Theatre
- ❖ Restaurants
- ❖ Local Community Centers



Doctor's visits will take priority over all other requests.

Please see Mike 2 week prior to your appointment date so that he can confirm the request.

Mike will make every attempt to accommodate your request.

Please join us on Friday's for our Outings, sign up book located in the Fireside Lounge.

NOVEMBER SPECIAL EVENTS

05 **Stahle Automobile Collections**

The Stahl Museum has over 80 cars on display ranging from 1886-1940s.

07 **Veterans Brunch**

“The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude.”

16 **Community**

Thanksgiving Dinner
November 16, 2019 from 4:30- 8:00

Please R.S.V.P by
November 8, 2019

19 **New Resident Luncheon**

“The great thing about new friends is that they bring new energy to your soul”



OCTOBER HIGHLIGHTS

04 **Apple Charlie Orchard** **11** **Painting Social**

“Autumn seemed to arrive suddenly this year. The morning of the first September was crisp and golden as an apple.”

“I dream my painting and I paint my dream.”



20 **The WW Green Hat Society High Tea Social** **30** **Halloween Party**

“Where there is Tea, There is Love”

“Be afraid ... Be very afraid.”



FOREVER FIT/WELLNESS TOPIC/LE

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.

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 Sunday 11/3 so don't forget to move your clocks back one hour.

We have seen an increase of guests coming to visit during mealtime which is wonderful!! With the increase of guest visits, we have found it difficult to track these visits for our billing department. In order to streamline this practice, we will be implementing a guest meal ticket that will need to be signed by the resident during that mealtime so that we have proper documentation to submit to our billing department.

We are now fully staffed in housekeeping!! As a result, we will be making some changes to housekeeping schedules to provide better consistency and efficiency. We plan on having these changes implemented and communicated to all residents by Sunday 11/17. Stay tuned...