



**Celebrating Birthdays
In November**

Betty B. -1

Pat D. -7

Ed C. -15

Carol H. -15

Mary K. -16

Don R. -23

Bob M. -24

Ron D. -24

Ray B. -25

*Please come celebrate
your brithday with us on,
Friday, November 8th at
1:30 in the dining room!*

CHEF’S COOKING CARTS

05 12

Baked Potato Bar

A good potato can make any meal wonderful!

19

Salad Bar

Fresh greens are full of vitamins and minerals

Healthy Fall Pumpkin Chili

- 2 tbsp olive oil
- 1 diced onion
- 7 cloves garlic, chopped
- 1 tsp sugar
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 1 tsp pumpkin pie spice
- 2 tsp oregano
- 2 tsp ground coriander
- 1 lb ground turkey
- 3 tbsp tomato paste
- 2 green/1 orange bell pepper, chopped
- 2 cans fire roasted tomatoes with juice
- 3 cups turkey broth
- 2 cups black beans, rinsed
- ½ cup pumpkin puree

Dessert Bar

Ice cream before (or for) dinner!

26

Mexican Bar

Spice things up as the weather cools down



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!

LAKE SIDE
CONNECT

NOVEMBER 2019



14750 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside



Giving Thanks

Welcome to the holiday season! We are so excited to share the most wonderful time of year with you! As we move into this holiday season, be sure to take some time to think back on the past year and the things that you are most thankful for.

There are many exciting things that are on the calendar to keep us busy as the weather cools. This year Veteran's Day is on Monday, November 11th. We will be celebrating all of our vets on that day in the dining room at 1:30. We will be traveling the Warren Commnuinty Center on Friday

the 8th for a spaghetti dinner fundraiser for the Interfaith Caregiver Volunteer Program. On Saturday the 16th, we will travel to the Carpathian Club to listen to their Fall Concert.

Lastly, we will be hosting you and your families on Thursday, November 21st for a Thanksgiving meal. There will be two seatings, 4pm or 6pm, for you and up to two guests to choose from. Each guest is \$15. Please RSVP as seating is limited no later than Friday, November 15th. Please see Jenna or Mary with any questions.

COMMUNITY
MANAGEMENT

- Greg Cossaboom
Executive Director
- Meghan Kahm
Business Office Manager
- Paul Gilleran
Culinary Services
Manager
- Mo Martinez
Environemental Services
Manager
- Brenda Mirowski
Housekeeping
Supervisor
- Nicole Gavas
Independent Living
Manager
- Jenna Durlock
IL Life Enrichment
Manager
- Laureen Vollmer
Marketing Manager
- Jaida McCree
Move-in Coordinator

EMPLOYEE OF THE MONTH: MIRA SINAJ
DINING ROOM ATTENDENT

Mira is a very familiar face to many of us! She is always smiling and laughing first thing in the morning! Mira has been helping out with our dining staff and deserves to be recognized! Thank you for all of your hard work, Mira!



OCTOBER HIGHLIGHTS

02 Active Aging Week
17 Blake's Cider Mill

Congrats to all of our winners. Thank you for showing us how you take care of yourself by staying active!

It was a beautifully chilly Autumn day!



26 Trick or Treating
31 Halloween

Thank you for having your little ones for stop by!

Who had the best costume this year?



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

All appointments/errands will be requested using the Appointment Request Slip only. Please get your slip at the front desk. Filling out a slip does not guarantee you transportation to that appointment/errand. Turn in your completed slip, including all necessary information i.e. Dr.'s Name/Errand location, address and phone number, appointment time and anticipated pick up time, to the front desk as early as you can prior to your appointment. All slips are considered on a first come first served basis. Please schedule Dr. appointments Monday through Wednesday between 8AM and 3 PM. No appointments will be scheduled for Thursday or Friday. No same day appointments. Please be signed up for weekend outings no later than the Friday before each outing.

- Upcoming Outings
- Thursday, 7th- MGM Casino
- Friday, 8th- Special Dinner Out: Interfaith Caregiver Spaghetti Dinner Fundrasier- *\$8 per person*
- Thursday, 14th – Morley Candy Factory Tour
- Saturday, 16th- Carpathian Club Fall Concert- *\$15 per person*
- Thursday, 21st- Men's Outing: Rusty Bucket

NOVEMBER SPECIAL EVENTS

08 Spagehetti Dinner
11 Veteran's Day Celebration

Come for a dinner out with Mariann to help raise money for Interfaith Caregivers

Come celebrate our wonderful veterans and thank them for all of their service!

21 Thanksgiving Meal
23 Haliday Bazaar

Please RSVP at the desk no later than Friday, November 15th!

Come do some shopping and check out our awesome crafters!

Skip the mall and stop and shop at
Waltonwood Lakeside's
Holiday Bazaar
Saturday, November 23rd
10 a.m. - 3 p.m.

On-site vendors | Complimentary hot chocolate & holiday treats in our Café
Tin Can Auction with a variety of vendor items
Plus...

50/50 Christmas fundraiser raffle with proceeds benefiting a local charity.
Donations will also be accepted at the event.

Tours will also be available
RSVP to Laureen by November 17th
586-532-6200
laureen.vellmcr@singmail.com

14750 Lakeside Circle, Sterling Heights
Located at Lakeside Mall, south of Hall Rd., west of Hayes Rd.

EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,

Happy November to everyone! I hope everyone is getting into the holiday spirit as we move into the Thanksgiving and Christmas season. We also can't forget about how fun Halloween was! Thank you to everyone who participated in our Trick or Treat event on October 26th. All of the children that came had a great time, and we hope you enjoyed seeing all the fun costumes and excitement that came over everyone in attendance!

We also celebrated Active Aging Week last month, and hope you learned a few tips on how to keep yourself healthy as we age. We congratulate all of our winners from the ceremony we had, and look forward to crowning champions in each area next year! I still enjoy getting out to golf almost every weekend which is a favorite pastime of mine! I'm looking forward to celebrating the holidays with all of our Waltonwood family!

Hope everyone has a safe and entertaining month ahead!

Greg Cossaboom- Executive Director