



CHEF'S COOKING DEMONSTRATIONS

6 Salad Bar-Lunchtime

13 Grill Cheese Station-Dinner

14 Cooking Class-Sweet Potato Pie-2pm

26 Banana Foster Station-Dinnertime

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!.

November Birthdays

11/4 Lexi Beliasov

11/17 Hank Raczynski

TWELVE OAKS CONNECT

NOVEMBER 2019



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COMMUNITY MANAGEMENT

Angie Hanson
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Laliou
Culinary Services Manager

Alyssa "Lee" Tobias
Independent Living Manager

Alecia Greenberg
Life Enrichment Manager

Stephan Skidmore
Environmental Services Manager

Heather Laskos
Marketing Manager

Parnell Kenan
Marketing Manager

Resident Care Manager

Melissa Berg
Wellness Coordinator

Mekisha Stovall
Wellness Coordinator

\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

In November we will have many opportunities to reflect upon what we are thankful for. I know that one of the main things that I am thankful for, is the amazing opportunity to work with your wonderful loved ones and get to know you. I feel truly blessed to be able to come to work and love what I do.

The residents and I are truly grateful for all of the hard work and kindness of our care team and that Stacey joined our team. I know that we will continue to grow and enrich each others lives.

Please make sure that you join us for our **Family Thanksgiving Dinner** and music on **Saturday Nov 16, from 4-6. Please RSVP to Avalon 248-735-1030 by 11/8/19.**

Have a healthy, safe and blessed holiday season.

November 2019
ASSOCIATE SPOTLIGHT

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 background. 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!



TRANSPORTATION INFORMATION

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 Alecia at 248-735-1030.

November 6: Great Lakes Crossing to see the auarium and have lunch at Rain Forest Café At 10:30 am

November 13: Parmenter's Cider Mill & Scenic Drive at 2:30 pm

November 20: Red Robin for a Birthday Lunch at Noon

November 27: Donuts & Scenic Drive at 10:30 am

NOVEMBER SPECIAL EVENTS

OCTOBER HIGHLIGHTS

07 Active Aging Week Ceremony. We had amazing participation for this busy, fun packed week. It was great having the whole community together.

23 English Tea Garden Outing. We had such a wonderful time having High Tea. We had scones, finger sandwiches, sweet treats and of course tea.



24 Breast Care Awareness
 The residents made pink cupcakes and we took them to the Ascension Cancer Treatment Center.

31 Halloween. The residents had a busy day, which started by doing the Monster Mash and we continued the dance theme with a dance party for all 3 communities.



8 November Birthday Celebration. Please come join us at 3pm as we enjoy music from Prism and celebrate our November Birthdays.

11 Veteran's Day Service and Recognition. We are blessed to have many veterans in our community. We will be celebrating their service starting at 10:30am.

16 Family Thanksgiving Dinner. We hope to see you as we celebrate Thanksgiving together 4-6pm. We will also enjoy music during dinner.

22 Waltonwood Choir Concert. We will be kicking off the holiday season with the beautiful voices of our own choir as well as several other WW community choirs.



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.

EXECUTIVE DIRECTOR

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 taken a special focus on our memory care community over the past several weeks and are looking forward to some up and coming changes. One change is in our dining area. You may have noticed some new place settings as well as great pictures of Detroit in our dining room. These photographs were taken, enlarged and donated by one of the Independent Living residents. A special thanks to Frank for this kind gesture. Another thing we will be implementing is the addition of life stations added around the community. Life Stations are a tool used to spark memories and create simple moments of joy. We will be having various themes such as wedding day and train stations. We hope these changes will further enhance the community and provide additional moments of joy to your loved one's day.

Thank you for sharing your community and home with me. Please know my door is always open.

Angie