

## CHEF'S SIGNATURE RECIPE

### HEALTHY FALL PUMPKIN CHILI

This Healthy Fall Pumpkin Chili is an autumn favorite. It's loaded with healthful ingredients and big bold flavors. Comforting, cozy, and deliciously savory.

#### INGREDIENTS

- 2 TB olive oil
- 1 onion, diced
- 7 cloves garlic, chopped
- 1 tsp sugar
- 1 TB chili powder
- 1 TB ground cumin
- 1 tsp pumpkin pie spice
- 2 tsp oregano
- 2 tsp ground coriander
- 1 lb ground turkey
- 3 TB tomato paste
- 2 green + 1 orange/yellow bell pepper, seeded and chopped
- 2 cans (14.5 oz each) fire-roasted tomatoes, with juices
- 3 cups chicken or turkey broth
- 2 (14 oz each) cans black beans, rinsed well and drained
- 1/2 cup pure pumpkin puree

#### INSTRUCTIONS

1. In a large heavy pot or Dutch oven, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine, 10 seconds.
2. Add ground turkey to pot and sprinkle 1 tsp salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds.
3. Add bell peppers, fire-roasted tomatoes with juices, and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min or until heated through. Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm, with shredded cheddar cheese if desired.

# LAKE SIDE CONNECT

November  
2019



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## COMMUNITY MANAGEMENT

Greg Cossaboom Executive  
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Jennifer Murray  
Life Enrichment Manager (AL)

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Jenna Durlock  
Life Enrichment Manager (IL)

Mo Martinez Environmental  
Services Manager

Courtney Rocho  
Marketing Manager

Stacey Lamphier  
Resident Care Manager

Char Tate  
Wellness Coordinator



### Happy Holidays!

Happy Thanksgiving, let's celebrate together! Please join us for a special Family dinner on November 21<sup>st</sup>. There are two seating's 4:00 p.m. and 6:00 p.m. Please R.S.V.P soon as there is limited seating. Each resident can bring two guests. Additionally, we are hosting a Meet & Greet with our new Resident Care Manager Stacey Lamphier and Char Tate our Wellness Coordinator on Thursday November 7<sup>th</sup> at 6:00 p.m. As we get ready for the holidays and colder weather there is much planned to do! Join a game, make a craft, sing a song, Get moving with an exercise class or venture outdoors on one of the outings. Make sure to check your Life Enrichment Calendar for dates and times. Have a happy, healthy and blessed holiday season!

### CELEBRATING BIRTHDAYS IN November,

10 Evelyn V.  
23 Rosemary M.  
26 Thelma M.  
28 Lois A.

Anyone who keeps  
the ability to see  
beauty never grows  
old.  
~ Franz Kafka

06  
Baked Potato Bar

13  
Dessert Bar

20  
Salad Bar

27  
Burger &  
Chicken Bar



## \$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

### Associate Spotlight Ryan

Ryan was recently promoted from caregiver to med tech due to his caring nature and ability to provide quality care while making sure all of his work is done for the day in a quality fashion. He is always willing to take the extra minute or more to sit and chat with a resident, and is wonderful at building relationships with everyone. The staff respect him for all of the hard work he puts in. He is looked at as a prime example of what we want in a Waltonwood associate.



### OCTOBER HIGHLIGHTS

**01 Active Aging Week**  
What a week we had at Lakeside celebrating Active Aging in our community.

**11 Bowling Leagues**  
The Lakeside Lucky Strikers are off to a good start.



**17 Pink Out**  
A great turn out of those wearing pink for such a worthy cause.

**26 Halloween Party**  
Many dressed in costumes, there was dancing and a spooky cocktail was served.



### MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

#### 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

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, sign up is located at the front desk and is required. Family is welcome join us on an outing, so please consider attending, the more the merrier. Additionally, we carefully plan our outings based on resident's interests, to provide continued success in the community at large.

#### Destinations:

- 01 Brunch Out
- 08 Embrace Your Inner Child Outing
- 15 Shopping for Care House
- 27 Movie Outing

### UPCOMING NOVEMBER

**08 Embrace Your Inner Child Outing**  
Join us on this fun outing to Greatlakes Crossing Mall, ride the Carousel and have lunch at the Rainforest Café

**11 Veteran's Day**  
Join us on this special day as we honor and celebrate our Waltonwood heroes!

**15 Shopping for Care House**  
Shopping for children size hats and mittens for the Macomb Care house

**21 Family Thanksgiving Dinner**  
Please R.S.V.P at the reception desk.



### EXECUTIVE DIRECTOR CORNER

Dear residents and families,  
Happy November to everyone! 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 25<sup>th</sup>. All of the kids that came had a great time, and we hope you enjoyed seeing all the fun costumes and excitement that came over all the kids! 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 crowing champions in each area next year! I've still been able to get out golfing almost every weekend which is very enjoyable! 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