



HAPPY BIRTHDAY IN NOVEMBER :

Residents:
25 ALVIN
26 INEZ

Associates:
3 JANISHA
10 EVELYN
16 HALEY

THURSDAY IS OMELETTE DAY



NOVEMBER RECIPE: PUMPKIN CHILI

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.

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. 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. 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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www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside



NOVEMBER 2019 UPCOMING HIGHLIGHTS

You are always welcome to attend our outings and or in house programing.

Please join us on Thursday November 7 at 6:00 p.m. for an opportunity to meet

Our Resident Care team. Resident Care Manager Stacey and Wellness Coordinator Charnette.

You can reach out to me anytime! I promise a response within 24 hours.

Tonya.Wilson@singhmail.com

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Tonya Wilson
Life Enrichment Manager
MC

Charnette Tate
Wellness Coordinator

Stacey Lamphier
Resident Care Manager

Paul Gilleran
Culinary Services Manager

Meghan Kahm
Business Office Manager

Mauricio Martinez
Maintenance Manager

Brenda Mirowski
Housekeeping Supervisor

Laureen Vollmer
Marketing Manager



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!

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 2019 HIGHLIGHTS

- 2

We celebrated Active Aging Week with a ceremony and awards
- 11

We drove to Saint Clair Shores for lunch and stopped at Dairy Queen on the return home for Oreo Blizzards, yum!



- 18

Quintessential October in Michigan, we went to Blake's Cider Mill in Armada and had a wonderful time.
- 26

We hosted an Intergenerational Trick or Treat event for our residents and families.

FOREVER FIT/WELLNESS

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

We strive to provide exceptional transportation service for our residents. All outings occur on Wednesday or Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents' interests, to provide continued success in the community at large.

<u>NOVEMBER 2019 Destinations; RSVP Required</u>	
It's better than breakfast or lunch, LET'S DO BRUNCH!	1
Great Lakes National Cemetery and Lunch	6
Bass Pro Shop, Carosel and Lunch	8
English Gardens and Milk Shakes	13
Shopping for Charity and Lunch	15

NOVEMBER 2019 SPECIAL EVENTS

- 5

.Thanks to Ann N., we will now be hosting a Communion Service with Father Tim twice a month, starting today!
- 11

All Community Veterans Day celebration in the IL dining room at 1:30 p.m.
- 18

Yes, it is before Thanksgiving but time to start decorating for the Holiday's!
- 21

Our very first All Community Family Thanksgiving celebration, RSVP required.



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've still enjoy getting out to golf 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!
Hope everyone has a safe and entertaining month ahead! Sincerely, Greg Cossaboom, CALD Executive Director