

# MAIN MC CONNECT

JANUARY 2020



## COMMUNITY MANAGEMENT

Lance Helton  
Executive Director

Kelly Kaspor, RN  
Resident Care Manager

Natoria Wheeler  
Wellness Coordinator

Jonathan Hills  
Wellness Coordinator

Lora Baltosiewich  
Business Office Manager

Sean McNally  
Culinary Services Manager

Liz McMurtrie, CTRS  
AL Life Enrichment Manager

Kathleen Colonello  
MC Life Enrichment Manager

David Mantels  
Maintenance Supervisor

Celeste Roth  
Marketing Manager

April Myers  
Marketing Manager

## MADE-TO-ORDER STATIONS

1/2

Banana Splits

1/9

Strawberries Crepes

1/16

Ice Cream Sundae Station

1/23

Milkshake Station

1/30

Grilled Cheese & Tomato Soup

## RICE PUDDING

- 1 pound raisins, plumped
- 1 quart half and half
- 12 ounces sugar
- 2 cups heavy cream
- 8 egg yolks
- 1 gallon milk
- 1 teaspoon vanilla extract or 1 bean scraped
- 1 pound rice
- Zest of 5 lemons

### Directions

Combine half and half with the sugar. Combine yolks with heavy cream. Warm the milk and vanilla together in large saucepan. Blanch rice for 1 minute in water then add to milk-vanilla mixture. Cook rice until tender. Add sugar and half and half mixture. Temper in yolk and cream mixture. Simmer until thickened. Add raisins and lemon zest, chill.

-Sean McNally | *Culinary Services Manager*

## Happy Birthday

Rosalie F. 1/14

William L. 1/19



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!

## What's New in the New Year?

Wow, is it already 2020? Not only is 2020 a leap year, but it is also an election year. As we look forward to new innovations and preserving old traditions, writers are coming up with some fun predictions for what will become popular in 2020.

**Food:** Organic and local foods will still be on trend for 2020. Keep your eyes open for Jackfruit and Oat Milk in your local store. It's expected to become very popular!

**Travel:** Who doesn't love to travel and explore? Easter Island, Brussels, and Trieste in Italy are among some of the top destinations in the coming year.

**Color:** Fashion designers in Paris and New York are sporting bright and electric blues for 2020.

As always, we thank you for choosing Waltonwood Main as your home, and look forward to serving you in the new year.

## APRIL MYERS

April Myers is one of our two Marketing Managers for Waltonwood Main. She has been with the company for just over 3 months, and has been in the senior industry for over 15 years. It is her passion and she loves to help families and residents transition into their new home. She is 44 years old, was born and raised in Warren, Michigan. She is a mother of 2 grown kids. Her daughter is 27 and son is 20. They are by far her biggest accomplishment and joys of her life. April has a small immediate family, but a lot of friends. She has many blessings, with many wonderful people in her life, including all of my residents and family members of Waltonwood. April loves to vacation and enjoys wine tasting. Cruising is her favorite way of travel. Her favorite spot to vacation is the ABC Islands in the Caribbean. (Aruba, Bonaire and Caracao) She also enjoys reading love novels. April received the best gift this year as she just learned she will have her first grandbaby this year!! She is beyond excited, and already starting to spoil it!!



## TRANSPORTATION INFORMATION

We love to get out and about at Waltonwood Main! You are always welcome to join your family members on outings! The more the merrier! Please let our Life Enrichment Team know you are coming, so we can adjust seating accordingly. The colder weather has arrived, but we still enjoy outings during the Fall and Winter Seasons. Please make sure your loved one has hats, gloves, scarves and warm jackets.

January Outings:

- 1/2 1:30PM Stoney Creek Scenic Drive
- 1/6 1:30PM JoAnn's Craft Pickup
- 1/9 1:30PM Sander's Factory Tour
- 1/13 1:30PM Shopping at Home Goods
- 1/16 11:30AM Lunch at Troy Community Center
- 1/23 1:30PM International Food Testing at Asian Mart
- 1/27 1:30PM Snowy Scenic Drive to Romeo
- 1/30 1:30PM Walking Club at the Great Outdoors

## DECEMBER HIGHLIGHTS

### 12/10

Home for the Holidays Open House

### 12/11

Christmas Caroling with Cindy's Family



### 12/12

Meadowbrook Hall Holiday Tour

### 12/19

Buddy's Pizza Lunch



## JANUARY SPECIAL EVENTS

### 1/5

Holiday Decoration Committee with Adams HS Helping Hands

### 1/6

Bowling League Begins 2:30PM

### 1/9

Sanders Factory Tour Depart at 1:30PM Free!

### 1/31

Papahoot and Patti Show New Entertainers! 1:30PM AL



## January Journal

Every January millions of Americans resolve to move more, eat better and stress less. In fact, nearly 55% of all New Year's resolutions focus on improving our overall health & wellness and while that's an encouraging number, only 8% actually stick to their plan. There are certain tactics however that make it much more likely you'll have success in staying on track and reaching your goals. This January try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing if the choices you've made took you closer too or further from your ultimate goal. Whether a short note or lengthy paragraph keeping a journal helps to create the accountability necessary to achieve success now and for the months to come. So, this January write it down, give yourself a tool to help make 2020 your healthiest year ever!

Chris Grabowski, MS | Senior Forever Fit Manager

## EXECUTIVE DIRECTOR CORNER

### NATIONAL NOTHING DAY

Each year on January 16, people across the nation observe National Nothing Day. National Nothing Day was created as a day to provide Americans with one National day when they can just sit without celebrating, observing or honoring anything. (National Day Calendar® only reports the "Days", sometimes they may contradict themselves.) National Nothing Day® is sponsored by Coffin's National Nothing Foundation, registered in Capitola, California.

Martin Luther King Jr. Day falls on the third Monday of January which means that one-in-seven January 16th's will fall on the same day as National Do Nothing Day, effectively usurping the nature of National Nothing Day.

National Nothing Day was proposed in 1972 by columnist Harold Pullman Coffin. This day has been observed annually since 1973.