



CHEF'S COOKING DEMONSTRATIONS

08

Strawberry & Cream Crepes

15

Bananas Foster

22

Soft Tacos

26

Penne Pasta

JANUARY BIRTHDAYS

- Josie T. 1/3
- Janet W. 1/8
- Sue W. 1/15
- Shirley H. 1/15
- Marilyn P. 1/16
- Thelma W. 1/19
- Bob L. 1/25

CHEF'S SIGNATURE RECIPE

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



\$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!

MAIN CONNECT

JANUARY 2020



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COMMUNITY MANAGEMENT

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Executive Director
- Kelly Kaspor, RN
Resident Care Manager
- 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
Environmental Services Manager
- Celeste Roth
Marketing Manager
- April Myers
Marketing Manager
- Natoria Wheeler
Wellness Coordinator
- Jonathan Hills
Wellness Coordinator

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.

ASSOCIATE SPOTLIGHT

My name is April Myers and I am the new Marketing Manager for Waltonwood Main. I have been with the company for just over 3 months now and in the senior industry for over 15 years. It is a complete passion of mine and I love to help families and residents transition into their new home. I am 44 years old, and I was born and raised in Warren Michigan. I am a mother of 2 grown kids. My daughter is 27 and my son is 20. They are by far my biggest accomplishment and joys of my life. I love to vacation and go to various places for wine tasting. Cruising is my favorite way of travel. The best place I have been are the ABC Islands in the Caribbean. (Aruba, Bonaire and Caracao) I go in spurts with reading, but when I do I tend to gravitate to the love novels.

I have received the best gift this year as I just learned that my daughter and her husband are giving me my first grandbaby! I am beyond excited and have already starting spoiling the baby!



DECEMBER HIGHLIGHTS

03

Residents reminisced while helping set up the Christmas Village in the dining room. Make sure you check it out!

04

Residents enjoyed visiting and making a craft with a Rochester area Cub Scout troop.



10

The Culinary Services Team “wow”ed us with the food and presentation at the Holiday Open House. Great job!

18

Santa made an appearance our our Family Christmas Dinner! Residents, families and staff had a wonderful time!



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% actual 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

TRANSPORTATION INFORMATION

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John’s Lutheran and St. Andrew’s Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles. Check out our group outings this month and be sure to join us!

- January 7th—Pie & Coffee Outing at Grand Traverse Pie Company, 2:15pm
- January 8th—Shopping at Walgreen’s/Dollar Tree, 3:00pm
- January 14th—Oakland University Art Gallery, American Paintings Exhibit, 2:15pm, FREE
- January 15th—Lunch Outing at Alex’s, 11:00am
- January 21st—Movie Outing, TBA, \$7 per person
- January 22nd—Scenic Drive at Stony Creek Metropark, 3:00pm
- January 28th—Stony Creek Nature Center, Winter Animals presentation, 2:15pm, \$3 per person
- January 29th—Ice Cream Outing to McDonald’s, 3:00pm

JANUARY SPECIAL EVENTS

7

We invite all dementia caregivers to attend our montly caregiver support group. 4pm in the Conference Room

14

Enjoy a visit to the Oakland University Art Gallery to see a collection of American Paintings. Please sign up at the front desk today!

15

Experience the JOY of music through an interactive drumming circle experience. Discover many health benefits of drumming!

28

Enjoy an outing to the Stony Creek Metropark Nature Center and learn more about “Winter Animals” in our area.



EXECUTIVE DIRECTOR CORNER

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

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.

Lance Helton | Executive Director