

# UNIVERSITY CONNECT

JANUARY 2020



3250 Waltonwood Blvd, Rochester Hills, MI  
[www.waltonwood.com](http://www.waltonwood.com) | 248-375-2500  
Facebook: /WaltonwoodUniversity



## The New Year!

I am the little New Year, ho, ho!  
Here I come tripping it over the snow.  
Shaking my bells with a merry din –  
So open your doors and let me in!

Presents I bring for each and all –  
Big folks, little folks, short and tall;  
Each one from me a treasure may win –  
So open your doors and let me in!

Some shall have silver and some shall  
have gold,  
Some shall have new clothes and some  
shall have old;  
Some shall have brass and some shall  
have tin –  
So open your doors and let me in!  
Some shall have water and some shall  
have milk,  
Some shall have satin and some shall have  
silk!  
But each from me a present may win –  
So open your doors and let me in!

## COMMUNITY MANAGEMENT

Matthew Cortis  
Executive Director

Jenny Smith  
Business Office Manager

Betsy Weakland  
Marketing Manager

McKenna LeCouffe  
Move in Coordinator

Stephanie Gillespie  
Life Enrichment Manager AL

Vanessa Green  
Residnet Care Mangager  
Courtney VanDerHaegen  
Wellness Coordinator

Greg Ginter  
Maintenance Supervisor

Sara Benns  
Housekeeping Supervisor

Rehan Ashan  
Culinary Service Manager

Holly Weaver  
Dining Room Supervisor

Josh Logan  
Culinary Supervisor



# ASSOCIATE SPOTLIGHT

Vanessa Green is our new Resident Care Manager for Our Assisted Living Community. She started at our community the middle of December. Vanessa was born in Jamaica and moved to the United States when she was 5 years old. Vanessa got her nursing degree from Brown Mackie College in Findlay Ohio. She enjoys doing yoga, traveling and going to the theater in her free time. Please join us in welcoming her to our Waltonwood family!



# DECEMBER HIGHLIGHTS

06

We had so much fun at our Holiday Open House!

09

We made some yummy Christmas cookies!



17

We had fun seeing our family and celebrating the holidays!

18

We were amazed by the beauty of the Meadowbrook mansion's Holiday decorations!



# Forever Fit: 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!



# TRANSPORTATION INFORMATION

Bus Transporation # 248-989-0102

If you are interested in an outing that you see on the calendar, please visit the front desk and ask for the sign up book.

Wednesdays are Assisted Living Outing days. The bus is available for transportation to doctor appointments on Mondays and Thursdays by filling out a form that can be picked up at the front desk. A family member is required to accompany an assisted living resident to any doctor appointment.

January 8<sup>th</sup> at 11:30am Lunch at Chili's

January 15<sup>th</sup> at 11:30am Lunch and Bowling

January 22<sup>nd</sup> at 11:30 am Lunch at On the Border

January 29<sup>th</sup> at 1:30pm Pie and Coffe at Grand Travers pie Co.

## JANUARY SPECIAL EVENTS

2<sup>th</sup> 2pm

Please join us for painting class with Shelby!

7<sup>th</sup> 3pm

Please join us for some pizza and friends!

14<sup>th</sup> 10:30pm

Please join us for our first seated Zumba Class!

20<sup>th</sup> 2:30pm

Please join us for some music by our favorite singer Billy!



## EXECUTIVE DIRECTOR CORNER

Fun fact; Detroit Michigan is known as the Car Capital of the World. From January 19th to 27th one of the largest auto shows in North America is held at Cobo Center in Detroit. It was wonderful to see you all and your families at our annual holiday party. Our culinary team performed wonderfully during this event as they continue to increase our level of service during our community hosted events. Vanessa Green, LPN has joined our Waltonwood Family as our Resident Care Manager. Vanessa had the opportunity to meet many family members due to her first day was during our annual holiday party. As a reminder we have installed new wireless doorbells at the font of the community which are white in color. Please make your visitors and family members aware so they are able to enter into the community more efficiently.

Matthew J. Cortis, Executive Director



January  
Birthday's!

Doris– 1/1

Patricia G – 1/25

CHEF’S COOKING DEMONSTRATIONS

03

3pm: Baked Potato

Action Station

204

3pm: Home-Made Pierogis

Action Station

17

3pm: Carbonara Bar

Action Station

31

3pm: Home-Made

Dessert Extravaganza Action Station

CHEF’S SIGNATURE RECIPE: Carbonara

INGREDIENT NAME	QTY
Pasta – Cooked Al Dente	1.00 Lb.
Bacon - Cooked & Chopped	4.00 oz.
Prosciutto – Sliced & Stripped	4.00 oz.
Butter	2.00 Tbsp.
Egg Pasteurized – Beaten	1.00 EA/Portion
Parmesan Cheese – Finely Grated	½ Cup
Heavy Cream	1.00 Cup
Garlic – Minced Fine	3.00 Cloves
Nutmeg	¼ Tsp.
Salt & Pepper	to Taste

STEP INSTRUCTIONS

- Melt butter in sauté pan.
- Sweat garlic being careful not to burn.
- Add cream and cook for five minutes or until cream reduces by half.
- Add bacon, prosciutto and nutmeg.
- Simmer for one minute and add hot, drained pasta.
- Toss to coat pasta. Add cheese, salt and pepper.
- When sauce returns to a simmer add the egg.
- Serve



\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!