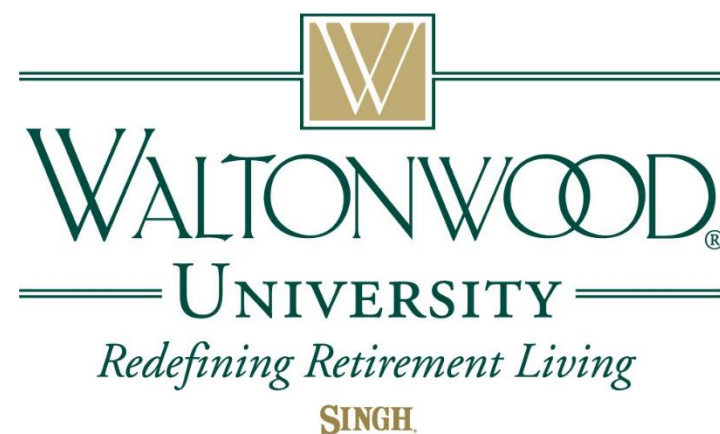


# UNIVERSITY CONNECT

JANUARY 2019



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



## 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

Greg Ginter  
Maintenance Supervisor

Sara Benns  
Housekeeping Supervisor

Rehan Ahsan  
Culinary Service Manager

Josh Logan  
Culinary Supervisor

Holly Weaver  
Dining Room Supervisor

Vanessa Green  
Resident Care Manager

Courtney VanDerHaegen  
Wellness Coordinator

## New Year's Birds

Sun on New Year's morning  
Laughing at the snow;  
Trees hung thick with jewels,  
Icicles aglow.

All the earth in ermine,  
All the air in blue,  
All the bells a jingle;  
"Ho! The year is new."

Out to greet the new world  
All so white and pure,  
See our household darling,  
Dainty and demure.

"Happy New Year, snowbirds!  
Happy New Year, sun!  
Happy New Year oak-tree!  
Happy, every one!"

From the blue sky dropping  
To the white earth down,  
Here the New Year's birds come,  
Dressed in white and brown.

"Happy New Year, darling!"  
Thus the gay birds sing.  
"New Year's presents, darling,  
Merrily we bring."

"My gift," said the first bird,  
"Is your mother's love."  
"My gift," said the second,  
"Is the sun above."

"Mine is your sweet home, dear."  
"Mine is fire and food."  
"Mine is Jesus' praises,  
When His child is good."

"My gift is nice clothing."  
"Mine is play and fun."  
"Mine is rest and slumber,  
When the day is done."

Eight birds softly singing  
In the New Year's glow,  
As our happy darling  
Trudges through the snow.

New Year's birds, gift laden,  
Singing hale and true,—  
Listen softly children  
They will sing to you!

*Thank you all for such a wonderful  
year! I will miss you all dearly!*  
Lea

## ASSOCIATE SPOTLIGHT

Josh is no new face here at Waltonwood. He has been with the company for about 3 years and was recently promoted in his department as the Culinary Supervisor. He has over 8 years experience in the food industry which includes multiple locations such as restaurants, country clubs, Oakland University and even the Chrysler World Headquarters. Like his cooking experience, his personality is simply one in a million. You can catch him in the Campus Room or the hallways of Waltonwood, sharing a good laugh with residents and other staff members. He enjoys music in his free time and loves to attend concerts, which he's attend over 100 of! He looks forward to continue building his career with Waltonwood in the future.



## DECEMBER HIGHLIGHTS

05

Some of our ladies  
enjoying our Holiday Open  
House!

12

Having a blast at our Ugly  
Christmas Sweater Happy  
Hour!



17

Thank you to everyone  
who came to our Holiday  
Dinner!

18

Enjoying the beautiful  
holiday decorations at  
Meadowbrook Mansion!



## 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 Transportation Phone Number: 248-989-0102

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

Please be mindful of our new transportation schedule & transportation request forms:  
Monday/Thursday – Doctor Appointments  
Tuesday – IL Outings / Wednesday – AL Outings  
Friday – Cadillac Errands

- January 2<sup>nd</sup> Meijer Shopping Trip at 10:30 a.m.
- January 7<sup>th</sup> Casino Outing at 10 a.m.
- January 9<sup>th</sup> Meijer Shopping Trip at 10:30 a.m.
- January 14<sup>th</sup> CVS/Bank Outing at 10 a.m.
- January 14<sup>th</sup> Lunch Outing: Shogun at 12 p.m.
- January 21<sup>st</sup> Hobby Lobby Outing at 10:30 a.m.
- January 21<sup>st</sup> Dinner Outing: Golden Eagle at 4 p.m.
- January 28<sup>th</sup> Dollar Tree Outing at 10:30 a.m.

JANUARY SPECIAL EVENTS

07

January 7<sup>th</sup> at 10 a.m.  
Casino Outing!

13

January 13<sup>th</sup> at 1 p.m.  
Afternoon songs with  
Caroljean!

21

January 21<sup>st</sup> at 4 p.m.  
Sign up for the dinner outing to  
Golden Eagle!

24

January 24<sup>th</sup> at 1 p.m.  
Calling all Waltonwood men,  
join us for Men’s Beer of the  
Month Club!



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. I would like to acknowledge and congratulate Josh as he has been promoted to our Culinary Service Supervisor. As a reminder we have installed new wireless doorbells at the front 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 Cortis

Happy  
Birthday

## Celebrating Birthdays In January

1/4 Adeline B.

1/5 Mary F.

1/8 Lori S.

1/15 Marilyn S.

1/19 Elaine S.

1/26 Charlotte S.

1/28 Jim H.

## CHEF'S COOKING DEMONSTRATIONS

03

Friday, January 3<sup>rd</sup> at 12 p.m.  
Baked Potato Action Station

17

Friday, January 17<sup>th</sup> at 12 p.m.  
Carbonara Bar Action Station

24

Friday, January 24<sup>th</sup> at 12 p.m.  
Home-Made Pierogis Action Station

31

Friday, January 31<sup>st</sup> at 12 p.m.  
Home-Made Dessert Extravaganza

## CHEF'S SIGNATURE RECIPE: Carbonara

### Ingredients

- 1 lb. Pasta – cooked Al Dente
- 4 oz. bacon - cooked & chopped
- 4 oz. prosciutto – sliced & stripped
- 2 tbsp. butter
- 1 beaten egg
- ½ cup parmesan cheese
- 1 cup heavy cream
- 3 cloves garlic – minced fine
- ¼ tsp nutmeg
- Salt & pepper to taste

### Preparation

1. Melt butter in sauté pan
2. Sweat garlic, be careful not to burn
3. Add cream & cook for 5 minutes or until cream reduces by half. Add bacon, prosciutto and nutmeg
4. Simmer for one minute and add hot, drained pasta
5. Toss to coat pasta, add cheese, salt and pepper
6. When sauce returns to a simmer, add the egg and serve!
7. Enjoy!

**\$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!