



Chef Paul's Recipe of the Month: Chicken Marsala

Ingredients:

4 skinless, boneless, chicken breasts (about 1 1/2 pounds)

All-purpose flour, for dredging

Kosher salt and freshly ground black pepper

1/4 cup extra-virgin olive oil

1tsp Fresh chopped Garlic

8 ounces Sliced Mushrooms

1/2 cup sweet Marsala wine

1/2 cup chicken stock

2 tablespoon unsalted butter

1/4 cup chopped flat-leaf parsley for garnish



Directions:

1. Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them; pound with a flat meat mallet, until they are about 1/4-inch thick. Put some flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly.

2. Heat the oil over medium-high flame in a large skillet. When the oil is nice and hot, dredge both sides of the chicken cutlets in the seasoned flour, shaking off the excess. Slip the cutlets into the pan and fry for 5 minutes on each side until golden, turning once – do this in batches if the pieces don't fit comfortably in the pan. Remove the chicken to a large platter in a single layer to keep warm.

3. Lower the heat to medium and add the drippings in the pan, saute for 1 minute to render out some of the fat. Now, add the mushrooms and saute until they are nicely browned and their moisture has evaporated, about 5 minutes; season with salt and pepper. Pour the Marsala in the pan and boil down for a few seconds to cook out the alcohol. Add the chicken stock and simmer for a minute to reduce the sauce slightly. Stir in the cold butter and return the chicken to the pan; simmer gently for 1 minute to heat the chicken through. Season with salt and pepper and garnish with chopped parsley before serving.

Celebrating January Birthdays!

Joan F. -6

Debbie B. -8

Jean K. -13

Dolores M. -20

Lillian L. -22

Roger B. -25

Christine Z. -31

Jan S. -31

Please come celebrate your birthday with us on, Friday, December 3rd at 1:30 in the dining room!



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!

LAKE SIDE CONNECT

JANUARY 2020



Happy New year! We hope that you had a happy and safe holiday season. As we say hello to a new year, we also say hello to a new decade! What new things will this new year and new decade bring for you? Some may be welcoming new lives into the world with grand and great-grandchildren while some may be welcoming new friendships. Whatever it may be, we hope it is a great one! Looking back on the past year, here are some of the biggest stories:

January 3 – Chinese probe Change 4 becomes the first human-made object to land on the far side of the Moon

February 27-28 – The 2019 North Korea–United States summit is held in Hanoi, Vietnam.

March 24 –A four-page summary of the Mueller report is published by the U.S. Attorney General William Barr.

April 15 – During Holy Week, a major fire engulfs Notre-Dame Cathedral in Paris, resulting in the roof and main spire collapsing.

May 27 – U.S. President Donald Trump, during an official state visit to Japan, is the first foreign leader to meet with Japanese emperor Naruhito.

June 14 – Jane Goodall, British primatologist, is awarded the 2019 Luxembourg Prize for Outstanding Environmental Peace.

July 13 – Hurricane Barry strikes the Gulf Coast, killing one and causing over \$500 million (2019 USD) in damages.

August 14 – The Dow Jones plunges more than 500 points, due to concerns over the yield curve inversion.

September 1 – Hurricane Dorian makes landfall on The Bahamas, with sustained wind speeds of 185 mph. 43 deaths are reported.

October 19 – An estimated one million people march through London in a protest organised by People's Vote, to demand a second referendum on Brexit.

November 14 – Italy declares a state of emergency in Venice following record flooding.

December 18 – The U.S. House of Representatives approves two articles of impeachment against President Trump, making him the third in the nation's history.

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Meghan Kahm
Business Office Manager

Paul Gilleran
Culinary Services Manager

Mo Martinez
Environmental Services Manager

Brenda Mirowski
Housekeeping Supervisor

Nicole Gavas
Independent Living Manager

Jenna Durlock
Life Enrichment Manager

Lauren Vollmer
Marketing Manager

Jennifer Cullenbine
Marketing Manager

Jodie Wear
Move-in Coordinator

EMPLOYEE OF THE MONTH: PAULINE D'ANGELO- LIFE ENRICHMENT COORDINATOR

Pauline has become a staple around the community and is a pro at having fun! There is no better person to come find if you need someone to talk to, in need of a laugh, or just looking for something to do! Thank you for all you do for us, Pauline! Keep on rocking! If you have a nomination for February's employee of the month, come see Jenna!



DECEMBER HIGHLIGHTS

11

Girl Scouts

We hope you enjoyed making ornaments with the girls!

13

Warbler's Choir Concert

Thank you for all who came and sang with us!



17

Holiday Meal

Santa came early! Thank you for sharing the evening with us.

31

Cheers to the new year!

Here's to another happy, healthy and great new year!



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

All appointments/errands will be requested using the Appointment Request Slip only. Please get your slip at the front desk. Filling out a slip does not guarantee you transportation to that appointment/errand. Turn in your completed slip, including all necessary information i.e. Dr.'s Name/Errand location, address and phone number, appointment time and anticipated pick up time, to the front desk as early as you can prior to your appointment. All slips are considered on a first come first served basis. Please schedule Dr. appointments Monday through Wednesday between 8AM and 3 PM. No appointments will be scheduled for Thursday or Friday. No same day appointments. Please be signed up for weekend outings no later than the Friday before each outing.

Upcoming Outings

Thursday, 2nd- MGM Casino

Thursday, 9th - Lunch and trip to DIA

Thursday, 16th- Lunch and trip to Macy's

Thursday, 23rd - Trip to Detroit Historical Museum- \$8 admission

Thursday, 26th- Men's Outing: BJ's Brewhouse

JANUARY SPECIAL EVENTS

09

Waltwood Players

Are you interested in acting? Are you looking for a new fun hobby? Join us every Thursday!

10

Gender Reveal!

Come find out if Nicole is having a boy or a girl! Wear pink or blue to show your guess!

22

Jewelry with Inge

Learn to make beautiful jewelry for yourself or a friend!

31

Mackinac Ice

Join us for a special presentation to learn about one of our state's greatest treasures.

*Winter Weather
Transportation Guidelines*

As the winter weather approaches, we would like to remind all of the winter guidelines for the bus.

1. If there is a heavy snow or the drivers deem it unsafe to drive, all outings and appointment transportation will be cancelled for that day or until it is safe.
2. If the wind chill is at or below "feels like" 10 degrees, all outings will be cancelled.
3. If you need to cancel any transportation requests for any reason, please contact the front desk as soon as possible.

Dear residents, families, and friends,

EXECUTIVE DIRECTOR CORNER

Happy January to all! What a wonderful holiday season it was this year. We truly enjoyed having all of your family and friends in for our Thanksgiving and Christmas dinners. Both events had some wonderful memories that I know I will never forget! I hope you all enjoyed the most wonderful time of year with loved ones from near and far.

I also wanted to thank everyone that donated to the employee appreciation fund! Every staff member was so thankful and grateful to have received your generous donations, and it truly made their holiday a special one. We are very blessed to have such giving and caring residents, family, and friends in our community.

As we move into the new year, I wish you all success in any resolutions that you make for yourself. I know one of mine is going to be to find a home closer to the community!

Hope everyone has a safe and enjoyable new years celebration and month ahead. I can't believe we are already in 2020!

Greg Cossaboom- Executive Director