



HAPPY BIRTHDAY IN JANUARY

Residents:

8 Bob

Associates:

4 Edita
10 Ashley
14 Pauline
14 Cheyene
19 Donna
26 Shaylia

THURSDAY IS OMELETTE DAY



Chicken Masala

- 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.
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.

**LAKE SIDE
CONNECT**
JANUARY 2020



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JANUARY 2020 UPCOMING HIGHLIGHTS

Celebrating the New Year reminds me to try something new. It has been accredited to former First Lady Eleanor Roosevelt to **“Try Something New Everyday, Even If It Scares You.”** Regardless of who said it, it is something very powerful to implement in to our lives. Fear can be paralyzing for most. If instead we embrace our fears we tend to grow in ways we never thought imaginable.

As we begin this new year and new decade let’s work together to try something new. I will ask you to encourage me and I will encourage you!
Please reach out to me any time via text or email. I love your ideas and suggestions!
Tonya Wilson
Life Enrichment Manager
Tonya.Wilson@singhmail.com

**COMMUNITY
MANAGEMENT**

- Greg Cossaboom
Executive Director
- Tonya Wilson
Life Enrichment Manager
MC
- Charnette Tate
Wellness Coordinator
- Stacey Lamphier
Resident Care Manager
- Paul Gilleran
Culinary Services Manager
- Meghan Kahm
Business Office Manager
- Mauricio Martinez
Maintenance Manager
- Brenda Mirowski
Housekeeping Supervisor
- Laureen Vollmer
Marketing 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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

SHAYLIA RICHARDSON

Shaylia works on the Resident Care Team and is a wonderful asset to Waltonwood Lakeside. Shaylia has a passion for Senior Citizens that shines through in all that she does.

Shaylia is in college studying to be a Software Engineer. Some of her favorite hobbies are music and movies. When asked about her favorite part of her job; *“Interacting with Residents always makes my day.”*



DECEMBER 2019 HIGHLIGHTS

- 4

We are traveled back to the historic Meadowbrook Mansion this year for a fantastic lunch and Holiday tour.
- 15

Home for the Holiday’s Scent of the Season All Community Celebration was a great time. Everyone enjoyed the mulling spices.
- 17

Our annual beloved Family Christmas Dinner Celebration. We had a special visit from the North Pole this year.
- 21

Art Therapy with Liz. We created “Joyful” holiday Ornaments.



FOREVER FIT/WEELLNESS

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

We strive to provide exceptional transportation service for our residents. All outings occur on Wednesday or Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents’ interests, to provide continued success in the community at large.

JANUARY 2020 Destinations; RSVP Required

Bad Brads Barbecue Lunch Outing	3
Country Ride	8
Thrift Store Shopping and Lunch	10
Movie Outing	15
Stony Creek Nature Center and Lunch	17
English Gardens	22
Chinese Lunch Out	24
MGM Casino	29

JANUARY 2020 SPECIAL EVENTS

- 1

Following the tradition of the Rose Bowl Parade we will be using roses for flower therapy.
- 7

Our second annual winter Lakeside Bowling League will begin. Hoping for some Turkey’s!
- 15

Pet a Pet Emotional Support Dogs visit us. We love our furry friends.
- 18

Art therapy with Liz. We look forward to our painting parties to create our own masterpiece.



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends;

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 year’s celebration and month ahead. I can’t believe we are already in 2020!

Sincerely, Greg Cossaboom, CALD Executive Director