

CHEF'S SIGNATURE RECIPE *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

Direction

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 sauté 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.

Enjoy on a cold winter night ...Happy New Year

CELEBRATING BIRTHDAYS IN JANUARY,

08 Liz M.
08 Kathleen W.
09 Burton W.
25 Ann J.
31 Ann M.

It is sad to grow old but nice to ripen
~Bridgette Bardot



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

14650 Lakeside Circle Sterling Heights
MI 48313

www.waltonwood.com | 586-532-7601

Facebook:
/WaltonwoodLakeside



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 organized 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

Jennifer Murray
Life Enrichment Manager
(AL)

Tonya Wilson
Life Enrichment Manager
(MC)

Mo Martinez
Environmental Services
Manager

Lauren Vollmer
Marketing Manager

Jennifer Cullenbine
Marketing Manager

Stacey Lamphier
Resident Care
Manager

Char Tate
Wellness
Coordinator

Associate Spotlight Shaylia R.

Shaylia is a member of our Care Team. Shaylia's compassion and love for our residents shines through in all that she does. Shaylia is studying Software Engineering in college and loves music and movies in her free time. When asked about her favorite part of the job "Interacting with the residents always makes my day".



DECEMBER HIGHLIGHTS

04
Meadowbrook
Holiday Tour
What a sight to see
Meadowbrook Hall
at Christmas time!

11
Rochester Light
Tour
Our annual trip to
see the Rochester
lights is always a
great time!

16
Holiday
Performance by
Brooke & Paige
What a beautiful
Holiday
Performance.
Thank you, Brooke
and Paige.

23
Family Christmas
Party
What a Party! Thank
you to all our
families and friends
that joined us this
year



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD 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

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, sign up is located at the front desk and is required. Family is welcome join us on an outing, so please consider attending, the more the merrier. Additionally, we carefully plan our outings based on resident's interests, to provide continued success in the community at large.

- Destinations:
10 Thrift Store & Lunch
15 Movie & Lunch
17 Stoney Creek Nature Center
24 Chinese Lunch Out
29 MGM Casino

UPCOMING JANUARY

07
Bowling Leagues
resume.
Join in the fun, and
root for the home
team!

11
Kitchen Creations
"Chinese New Year
Cookies"
In celebration of
Chinese New Year
put your baking
skills to the test.

17
Stoney Creek
Nature Center and
Lunch
Enjoying nature is
never out of season,
join us on a trip to
the Nature Center

28
Evening
Entertainment with
Steven
Join us for an
evening of
wonderful music
from the talented
Steven Elmore.

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.



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
Executive Director