



Celebrate the Birthdays in February

- Bob D February 1st
- Phyllis D February 9th
- Dorothy S February 15th
- Jim H February 24th
- Mary Grace K February 25th
- Frank S February 26th

Please join us for a birthday celebration in the Assisted Living dining room on February 26th!

All residents are welcome to attend!



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

08

Baked Potato Bar
12pm: Dining Room

10

Valentine Cookie Decorating
10am: Activity Room

21

Pancake Bar
10am: Cafe

27

Strawberry Shortcakes
10:30am: Cafe

CHEF’S SIGNATURE RECIPE:

Lobster Bisque

- Ingredients:**
Two 2-pound lobsters, steamed
4 tablespoons unsalted butter
1/2 cup dry sherry
1/2 cup chopped celery
3 cloves garlic, smashed
2 bay leaves
1 teaspoon black peppercorns
Kosher salt
1 cup chopped onion
1/2 cup chopped carrot
1/2 cup chopped button mushrooms
2 tablespoons tomato paste
1/8 teaspoon cayenne pepper
1/2 cup dry white wine
3/4 cup whole milk
3/4 cup heavy cream
2 tablespoons chopped fresh chives

Twist off the claws and tails from the lobsters. Remove the meat, and reserving the shells. Coarsely chop the meat to measure about 2 1/2 cups, and transfer to a bowl; cover and chill.
Melt 2 tablespoons of the butter over medium. Add the lobster shells, and cook, stirring often, until lightly browned, about 8 minutes. Stir in the sherry, and cook until the liquid is nearly evaporated, about 2 minutes. Add the celery, garlic, bay leaves, peppercorns, 4 cups water and 1/2 teaspoon salt. Increase the heat to high, and bring to a boil. Reduce the heat and simmer until reduced for about 15 minutes. Pour through a fine-mesh strainer into a bowl; discard the solids. Set aside.
Melt the remaining 2 tablespoons butter in a medium skillet over medium. Add the onions, carrots, mushrooms, tomato paste, cayenne and 1/2 teaspoon salt. Cook until the vegetables are tender, about 5 minutes. Add the wine and bring to a boil over medium-high. Reduce the heat to medium-low, add the reserved lobster stock and simmer until reduced to about 2 cups, about 10 minutes. Remove from the heat.
Puree the mixture with an immersion blender until smooth. Place over medium heat, stir in the milk and cream, and bring to a simmer. Add the lobster meat, reserving 1/4 cup for garnish.
To serve, ladle the bisque into bowls and top with the reserved lobster meat and chives

\$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!

CHERRY HILL CONNECT

FEBRUARY 2020- ASSISTED LIVING



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Facebook: /WaltonwoodCherryHill



Love Is In The Air!

"Great love awakens us to the fullness of life. Great love shapes us. When we are embrace of love the world appears brighter and evens our food taste better when we love." Tito Tinajero

Let’s take this time to continue to spread love and kindness throughout the month of February. As we do we can take the time to enjoy one another!

We start the month of February with a special treat to Menchie’s on the 6th to celebrate National Frozen Yogurt Day!

We then take the time to “Go Red” for Heart Health Day on the 7th! Where we will enjoy some Happy Hour treats at 2:00 pm that are good for the heart, such as dark chocolate and wine! We will also have a special guest Jan to do a little cardio to get that heart pumping with some chair dancing at 3:00 pm!

We will also be incorporating some new activities this month, such as Cultural Corner. This is where we will look at certain destination spots and immerse ourselves in their history, culture and food! As well at some horticulture stations to take time to work with nature!

We end the month on February 27th with a outing to the Westland Humane Society to love our furry friends!

COMMUNITY MANAGEMENT

Jennifer Crader
Executive Director

Deanna Hite
Business Office Manager

Renee Ralsky
Marketing Manager

Jolene Maples
Move In Coordinator

Kara Triplett
Culinary Services Manager

April Marcotte
Independent Living Manager

Candice Jones
Memory Care Life Enrichment Manager

Christina Ewald
Assisted Living Life Enrichment Manager

Ariel Starr
Independent Living Life Enrichment Manager

Jasmine Montgomery
Resident Care Manager

Tiffany Woodson
Wellness Coordinator

Lindsay Orler
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Associate of the Month: Chris Combs, Caregiver

Chris has shown her true passion with working with the older adult and as a team player here at Cherry Hill. He is easy to work with, always positive, constant bright smile to feel warm and welcome, respectful, compassionate and can be counted on to assist others with their job duties. We are certainly blessed to have such a caring, hard working, and dedicated individual on our Resident Care team

Please see the front desk concierge to nominate an associate you feel has been doing a wonderful job!



JANUARY HIGHLIGHTS

09

Sander's Candy Factory Tour

16

National Polka Music Social Tour

29

Resident Birthday Celebration

30

Sweetwaters Coffee and Tea



FOREVER FIT: FEBRUARY JOURNAL

Know Your Numbers

Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure the healthy you have in the healthy you keep. There are however some other factors to consider, numbers than when elevated can greatly impact how you feel. High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body making your heart work harder and more susceptible to heart disease and stroke. So, this February join with the American Heart Association and help celebrate American Heart Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a heathy, happy lifestyle for years to come.

TRANSPORTATION INFORMATION

Waltonwood offers transportation via bus or car for resident appointments and activity outings Monday through Friday.

The bus is free for trips under 10 miles. If the trip is longer than 10 miles, a fee of \$2 per mile will be charged. Residents are not charged mileage for group activity outings.

All sign up sheets for activity outings, church outings, etc, can be found in the Outing Binder in the Assisted Living Post Office. You must sign up by writing your name and apartment number on the respective sheet.

Waltonwood pays upfront for the cost of the residents on the outings and then the amount is billed back on the residents monthly statement.

- 2/3: Lunch Outing: Outback Steakhouse
- 2/6: Outing: Menchie's Frozen Yogurt
- 2/10: Lunch Outing: Rose's
- 2/13: Outing: Super Bowl Bowling Alley
- 2/17: Lunch Outing: Applebee's
- 2/27: Outing: Westland Humane Society Tour
- 2/24: Lunch Outing: Scrambler Marie's

FEBRUARY SPECIAL EVENTS

07

National Heart Health Day

13

Cherry Hill Bowling Outing

25

Mardi Gras Party

27

Westland Humane Society Tour



EXECUTIVE DIRECTOR CORNER

Dear Cherry Hill Residents,

Please welcome Don Eldred to our maintenance team! Don is a maintenance technician who comes to us with many years of experience and we are excited to have him on the Cherry Hill team. If you have an issue in your apartment that requires maintenance, please put in a work order at the front desk. The work order system allows us to ensure proper tracking and monitor progress. Putting your work order in through the front desk also allows our maintenance personnel to focus on their assigned work throughout the day.

Flu season is upon us and can spread quickly in a busy community such as ours. There are simple precautions you can take to help reduce the spread of viruses including washing your hands often, cover your mouth and nose with a tissue when you cough or sneeze, eat healthy meals to strengthen your immune system, get plenty of rest and stay home if you are sick.

Cheers to a happy and healthy start to the year! As always, please reach out to me with any questions, comments or concerns.

Sincerely,
Jennifer Crader