



February Birthday
2/21 Shirley Buchanan

Please wear RED on Friday, February 7 and join our Walking Club at 11:15 a.m. as we celebrate Heart Health Awareness Day!

CHEF’S COOKING DEMONSTRATIONS

- 6

Grilled Cheese & Tomato Soup-Lunchtime
- 13

Cooking Class-Valentine Surprise-3pm
- 20

Beignets w/Sugar-Lunchtime
- 27

Ceasar Salad-Dinner

CHEF’S SIGNATURE RECIPE



Beignets

★★★★★

Prep

30 m

Cook

30 m

Ready In

3 h

Recipe By: ginampls

"A traditional New Orleans-style recipe for their famous beignets! Grab a cafe au lait and you're set!"

Ingredients

2 1/4 teaspoons active dry yeast	1 cup evaporated milk
1 1/2 cups warm water (110 degrees F/45 degrees C)	7 cups all-purpose flour
1/2 cup white sugar	1/4 cup shortening
1 teaspoon salt	1 quart vegetable oil for frying
2 eggs	1/4 cup confectioners' sugar

Directions

- 1 In a large bowl, dissolve yeast in warm water. Add sugar, salt, eggs, evaporated milk, and blend well. Mix in 4 cups of the flour and beat until smooth. Add the shortening, and then the remaining 3 cups of flour. Cover and chill for up to 24 hours.
- 2 Roll out dough 1/8 inch thick. Cut into 2 1/2 inch squares. Fry in 360 degree F (180 degrees C) hot oil. If beignets do not pop up, oil is not hot enough. Drain onto paper towels.
- 3 Shake confectioners' sugar on hot beignets. Serve warm.

TWELVE OAKS CONNECT

FEBRUARY 2020



27475 Huron Circle, Novi, MI 48377
www.waltonwood.com | 248-735-1030
Facebook: /Waltonwood Twelve Oaks



COMMUNITY MANAGEMENT

- Angie Hanson
Executive Director
- Nicole McDonald
Business Office Manager
- Nicholas Lalios
Culinary Services Manager
- Alyssa “Lee” Tobias
Independent Living Manager
- Alecia Greenberg
Life Enrichment Manager
- Stephan Skidmore
Environmental Services Manager
- Heather Laskos
Marketing Manager
- Betsy Weakland
Marketing Manager
- Binita Patel
Resident Care Manager
- Wellness Coordinator
Paula Wilson-Tatum

February is Heart Health Awareness Month

We have many “heart- healthy” events planned starting with our kick-off day, **Friday, February 7**, this is **National Wear Red Day**. We hope to have associates and families join our walking club. Please wear **RED** and meet us in the living room at **11:15 a.m.** as we will walk more laps to help our hearts stay healthy and raise awareness of heart disease. At 2:30pm we will enjoy a heart-healthy snack and talk about what we do daily to stay healthy. On **Thursday, February 13 at 3pm**, we will make a heart-healthy snack with Chef Nick and he will discuss the importance of healthy eating.

Other events that we have planned to keep our hearts happy are: **Sunday, February 2 at 3pm**, we will be watching **Puppy Bowl XVI** and enjoying a snack called puppy chow. Our **Valentine’ Day Celebration is Friday, February 14 at 2:30pm**. We will also have several **Pet Therapy** visits this month and on **Friday, February 21 at 3pm** we will have a **Mom and Tot** group come visit which is sure to make all of us smile. Please join us.

\$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

Betsy Weakland is the newest member of our leadership team. She is one of our Marketing Managers. Previously she worked at Waltonwood University, but recently transferred to our community and we are so happy that she did. Betsy is new to senior living, prior to this she worked in product development and product marketing of consumer goods for 13 years. When she decided to make a career change she chose senior living, because she was very close to her grandmother who passed last spring at the age of 96. She loved that her grandmother lived in Independent Living and had a wonderful quality of life and she wanted to be in a position to provide that for other seniors.

Betsy and her family live in Novi. She grew up in the area going to high school at Walled Lake Western. She has a 5 year old son, a 9 year old stepson and a 12 years old stepdaughter.

Betsy is an animal lover and has 2 cats and a very interesting pet...a hedgehog named Hegrid! In her spare time Betsy enjoys watching movies and spending time with her family.

When you are in the building please stop in and welcome Betsy.



TRANSPORTATION INFORMATION

We welcome families to join us on the outings with your loved one. If you have any questions or fun ideas for outings please call Alecia at 248-735-1030.

February 5: Nino’s Italian Bakery and Walled Lake at 10:30am

February 12: Charach Gallery and Detroit Sports Heroes at 10:30am

February 19: Green Hat Tea Party at Sweet Afton’s Tea Room at 1:30pm

February 26: Sam’s Club Excursion at 10:30 am

JANUARY HIGHLIGHTS

8 Elvis Birthday Celebration. The residents enjoyed the sensory experience of having a grille peanut butter & banana sandwich, one of his favorite foods.

10 Yoga. We love when Tracey comes to run our yoga class. This day we celebrated the full moon with a moon salutation.



15 Sunny Day Outing. We enjoyed a beautiful sunny day as we went on a scenic drive around Walled Lake and enjoyed donuts and coffee.

23 Celebration of our First Place Bowling Team. We are the champions!! Our winning team received an award that is in the window of my office. The pastry chef made us bowling pin cookies.



6 Senior Academy Awards. Please come join us at 3:00pm as we celebrate our residents and what makes them unique. We will have a toast and appetizers.

20 February Birthday Party. We will be celebrating Shirley’s birthday which is 2/21/20, with ice cream sundaes.

14 Valentine’s Day Celebration. We will be decorating heart shaped cookies and sharing love stories and poems.

25 Mardi Gras. Let the good times roll as we celebrate the beginning of Mardi Gras with paczkis and wearing the masks we made for this celebration. We will listen to jazz and enjoy stories of Mardi Gras.



FOREVER FIT - Focus on Health

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 healthy, happy lifestyle for years to come.

EXECUTIVE DIRECTOR

I would like to take some time to focus on some health and safety reminders that have come up over the past month. As a reminder, in the event we were to have a fire in the community our building functions under a “no evacuation” emergency plan. There are many rooms throughout the community that are protected by 90-minute fire protected doors including all resident apartments. In the event that the alarm goes off all residents and staff are directed to these safe areas until further directed by administration or the Novi fire department. If you have further questions on this procedure please feel free to give me a call or stop by my office.

Another reminder is the importance of proper hand hygiene. This is extremely important in a community setting where there are many opportunities to pass on germs. Our community experienced several cases of GI illness over the past two weeks and took precautions to keep these cases down to a minimum. The number one defense is sanitation and proper handwashing. Please keep this in mind as we continue through the flu season.

Angie Hanson, Executive Director