



Celebrating Birthdays In February

David G. 2/14

Martin S. 2/20

Larry S. 2/20

Lora Y. 2/22

Shirley V. 2/24

Pat V. 2/26

CHEF’S COOKING DEMONSTRATIONS

07 Strawberry Shortcake

A little taste of summer right when we need it most! Can't wait to dig in to this delicious classic!

14 Valentine’s Day Steakhouse Dinner

There's something special about a classic steakhouse dinner! Be sure to love yourself today and enjoy this meal with gusto!

19 Pasta Station

Is spaghetti your favorite or maybe a little linguine? Marinara or alfredo? You decide tonight!

27 French Toast Bar

Comfort food at its finest! Choose your toppings and enjoy!

Recipe from Pastry Chef Shana

TURTLE COOKIES

Ingereents: 1 c flour,1/3 c cocoa powder, 1 t salt, 2c butter, 2 2/3 c sugar

1 egg, 2 T milk, 1 t vanilla, 1 c pecans, finely chopped

Instructions:

1. Combine flour, cocoa, and salt.
2. Beat butter and sugar until light an fluffy. Add yolk, milk and vinilla, mix with dry.
3. Scoop dough and refrigerate untill firm, about 1 hour.
4. Whisk egg white until frothy. Dip dough ball in whites, then roll in pecans. Make an indentation in the center of each dough ball.
- 5.Bake at 350 for 12 minutes.

Fill each cookie with Carmel and drizzle with chocolate.



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!

CARRIAGE PARK CONNECT

FEBRUARY 2020

Happy Heart Month!

Waltonwood has all you need for a healthy, enriching and love-filled month! All are welcome to join our exercise classes, even if it's your first. Just 30 minutes of activity a day can have a positive impact on your health, and on your mood too! Come learn more about heart health with Robert from Oakland Home Health Care on Feb. 7. And please join us for our Celebrating Love Social on Valentine’s Day, 7pm, guaranteed to lift your spirits! We always offer BP Checks with Nurse Kathy once a month, but maybe this Heart Health Month will inspire you to have yours checked, or checked again! Let’s spread the love this month and show our appreciation for one another. "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." -Princess Diana



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COMMUNITY MANAGEMENT

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Culinary Services
Manager

Erin McGraw
Life Enrichment Manager

Nichole Passmore
Life Enrichment Manager

Annette Rogers
Marketing Manager

JoAnn Mayher
Resident Care Manager

Jeremy Meriwether
Wellness Coordinator

Mike Burlett
Maintenance Manager

Nathan Brown
Independent Living
Manager

Chandler Bryant
Marketing Manager

ASSOCIATE SPOTLIGHT

Our associate of the month is Nick Ray! Nick has been a consistently stellar associate on our team in all capacities. Nick is always ready to help his team, and his positive customer service delivery is noticed by our residents and staff alike. Nick is exceptionally reliable and takes pride in the quality of his work performance. We are honored to award Nick with this accolade!



JANUARY HIGHLIGHTS: Winter White Social



FOREVER FIT: 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 that 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.

- Chris Grabowski, MS, Senior Forever Fit Manager

TRANSPORTATION INFORMATION

Check the information table near the mailboxes for families and residents to sign up for outings or other transportation. If you or your loved one would like to be included in an outing please be sure to sign up! Family members are welcome to attend too!

Note: Preferred medial run days are Monday or Tuesday.

FEBRUARY OUTINGS

- 2/3 Lunch at MOD Pizza
- 2/7 Noon Concert at Plymouth Parc
- 2/13 Emagine Teather
- 2/18 Resident Night Out Red Lobster
- 2/20 Charles Wright Museum

***Please note that all outings are weather permitting.*

FEBRUARY SPECIAL EVENTS

07

Show your support and wear your red. Robert from Oakland Home Health Care will be discussing heart health.

12

Don't miss our Love Social on Valentines Day, 7:00 pm in our dining room.

18

Join us for Resident Night Out at Red Lobster.

20

We will visit the Charles Wright Museum, then enjoy dinner Downtown Detroit.



EXECUTIVE DIRECTOR CORNER

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red for Women campaign and the message that heart disease is not only a man's problem. Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. On Friday, February 7th, please join our community in recognizing American Heart Month by wearing red!

- Dustin Stolzman, Executive Director