



CHEF'S COOKING DEMONSTRATIONS

08

Baked Potato Bar in the Activity Room at 3 pm

10

Valentine Cookie Decorating with Pastry Chef Tiffany in the Activity Room at 3 pm

21

Pancake Bar in the Dining Room at 12 pm

27

Strawberry Shortcake in the Activity Room at 3 pm

CHEF'S SIGNATURE RECIPE: LOBSTER BISQUE

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

Directions: 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!

FRIENDS & FAMILY REFERRAL PROGRAM!

Celebrate the Birthdays in February

** Jean K. 2/7**

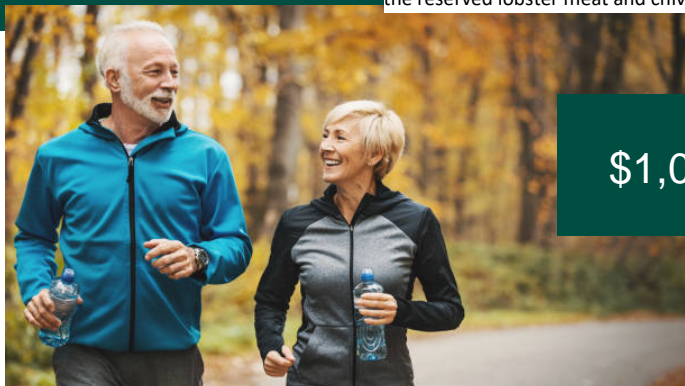
Come celebrate all birthdays of February with us!!

Where: Assisted Living Dining Room

All residents are welcome to attend!

Dessert is Included ☺

When: Wednesday February 26 at 2pm!



CHERRY HILL CONNECT

FEBRUARY 2020 - MEMORY CARE



42500 Cherry Hill, Canton, MI 48187
www.waltonwood.com | 734-981-5070
 Facebook: /WaltonwoodCherryHill



Feel The Love Of February

February 14th also known as Valentines Day, has truly changed the way many people view the month of February. All the stores are filled with huge teddy bears, balloons, and flowers by the dozen all waiting to give your special someone a surprise.

In this month of love we have many different crafts, based around symbols and colors we associate with this beautiful word. We also have many socials giving plenty opportunities to get to know those who just moved in, or just to catch up with those we already have things in common with.

Be sure to join us for our Superbowl party in the family room. You can come cheer on your favorite team, or just show up for the food and company, either way it'll be a good time. Another big celebration this month is Mardi Gras featuring live music by the Bayou River Band and great food prepared by our culinary team on the 25th.

February is also a month of knowledge where we will be learning little known black history facts for black history month. We also have the pleasure on the 19th to be joined for a presentation by Tuskegee Airmen. As well as a presentation by Oakland Homecare on the 27th about dealing with difficult behaviors.

We have something for everyone so please feel free to share in the fun and be loved in the month of February!

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

Charlie Harris
 Wellness Coordinator

Lindsay Orler
 Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Associate of the Month: Chris Combs, Caregiver

When it comes to caring for our residents Chris has shown that he loves what he does. He is a true team player and makes sure the job gets done. Easy to work with, always positive, and a bright smile to match. We are certainly thankful to have such a caring, hard working, and dedicated individual on our Resident Care team, and we thank you for being a part of our Waltonwood Cherry Hill family.

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



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
- 2/6- Special Outing: Menchie's
- 2/10- Lunch Outing: Roses
- 2/13 -Special Outing: Superbowl Bowling Alley
- 2/17- Lunch Outing: Applebees Special
- 2/24- Lunch Outing: Scramblers
- 2/27 -Special Outing: Westland Humane Society

JANUARY HIGHLIGHTS

13

National Peach Melba Day

16

National Polka Day Party



16

National Chocolate Cake Day

20

A visit to Sweetwaters in Canton



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 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.

FEBRUARY SPECIAL EVENTS

06

We will be joined by David from Hartland for a couple exciting games of Jenga

07

We are going Red in efforts to celebrate Heart Health Day

14

Valentines Day themed happy hour

25

Celebrating Mardi Gras with good food, good company, and good music by the Bayou River Band



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