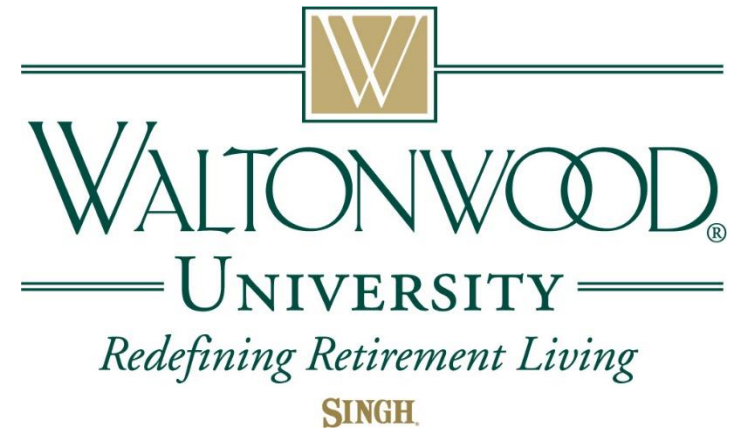


# UNIVERSITY CONNECT

FEBRUARY 2020



3250 Waltonwood Blvd, Rochester Hills, MI  
www.waltonwood.com | 248-375-2500  
Facebook: /WaltonwoodUniversity



## COMMUNITY MANAGEMENT

Matthew Cortis  
Executive Director

Jenny Smith  
Business Office Manager

Stephanie Roach  
Marketing Manager

McKenna LeCouffe  
Move-In Coordinator

Stephanie Gillespie  
Life Enrichment Manager AL

Greg Ginter  
Maintenance Supervisor

Sara Benns  
Housekeeping Supervisor

Rehan Ahsan  
Culinary Service Manager

Josh Logan  
Culinary Supervisor

Holly Weaver  
Dining Room Supervisor

Vanessa Green  
Resident Care Manager

## A Grandparent's Love

It seems like only yesterday  
Our lives were just beginning.  
Your love for us never failed,  
Our hearts continually mending.

As each of our lives  
Continue to change,  
Reflections of your love  
In each of us remains.

One day we'll all be in heaven  
Dancing on the throne,  
Praising God for giving us  
A family like we've never known.

It is strange to watch the time fly  
Before our very eyes,  
Which reminds me of the blessing,  
That we have you in our lives.

You have pointed out the path  
And led us along the way;  
The wisdom you have planted,  
We each still hold today.

No matter where our lives may  
go,  
We will trust the Lord above  
And through it all always thank  
him for our grandparents' love.

To have yet to feel the touch  
That's as gentle as your hand  
The closeness of our family  
One could never understand.

You sheltered us through childhood  
And saw us through today,  
Taught us of the Lord above,  
About faith, and how to pray.



## ASSOCIATE SPOTLIGHT

Jenny is our Business Office Manager and has been with us for a year and a half. After just 5 months, she was the recipient of our Business Office Manager of the Year Award for 2018. She loves mingling with the residents and catching a game of Euchre with them on occasion. In her eyes, the residents are family to her <3 If you didn't already know, Jenny has 4 kids, 2 of which are servers in the IL dining room – Chloe and Vivian. In her spare time, she loves working out and is very passionate about health and fitness. Don't hesitate to knock on her door if you have a question or just want to say hi – you are always welcomed!



## JANUARY HIGHLIGHTS

31 (December)

Enjoying Happy hour to ring in 2020!

15

We made some beautiful flower arrangements!



17

What a yummy food demonstratino for our Chef!

20

We had a good time with Matt during Tea Time.



## 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 heathy, happy lifestyle for years to come.



TRANSPORTATION INFORMATION

Bus Transportation Phone Number: 248-989-0102

If you are interested in attending an outing that you see on the calendar, please visit the front desk and ask for the sign up book.

- February 2<sup>nd</sup> Shopping at Trader Joe’s 1 p.m.
- February 4<sup>th</sup> Casion Outing at 9:30 a.m.
- February 6th Meijer Shopping Trip at 10:30 a.m.
- February 9<sup>th</sup> Shopping at Target 1 p.m.
- February 11<sup>th</sup> Movie Outing time and Movie TBD as well as CVS/Bank at 10:00 a.m.
- February 13<sup>th</sup> Meijer Shopping Trip at 10:30 a.m.
- February 16<sup>th</sup> Meijer Shopping Trip at 1 p.m.
- February 18<sup>th</sup> Bowling at Classic Lanes and Lunch at 11a.m.
- February 20<sup>th</sup> Meijer Shopping Trip at 10:30 a.m.
- February 23<sup>rd</sup> Shooping at Kohls 1 p.m.
- February 25<sup>th</sup> Lunch Outing at Lucky’s Stake House 11:30 a.m.
- February 27<sup>th</sup> Meijer Shopping Trip at 10:30 a.m.

FEBRUARY SPECIAL EVENTS

05

February th<sup>th</sup> at 1 p.m.  
Craft: Washitape bird house

13

February 13<sup>th</sup> at 11 a.m.  
Afternoon songs with Caroljean!

14

Februaury 14<sup>th</sup> at 3 p.m.  
Valentine’s Day Happy Hour!

17

February 17<sup>th</sup> at 1 p.m.  
Please join ED Matt for Tea and conversation!



EXECUTIVE DIRECTOR CORNER

Thank you for taking the time to provide our team feedback on our annual resident surveys. We appreciate your kinds words and noted areas that we can make improvements. Stephanie Roach has recently joined our Waltonwood Family and is our new Marketing Manger. I have received many requests to have my father return to make his famous family cannolis. For the cannolis baking demonstration we pre-plan a day in the month of March and will have a sign up sheet at the front desk. As a reminder on March 26 please join us for The Taste of Waltonwood as we highlight our culinary team. This is a great opportunity to invite family and friends to enjoy our community.

-Matthew Cortis



# Celebrating Birthdays In January

- 2/4 Laverne P
- 2/4 Theresea H
- 2/6 Helen B
- 2/8 Shirley D
- 2/15 Helen R
- 2/17 Phil C
- 2/19 Donna D
- 2/19 Jean W
- 2/20 Barbara L
- 2/22 Robert M
- 2/24 Verna P
- 2/26 Patricia

## CHEF’S COOKING DEMONSTRATIONS

07

Friday, February 7th at 12 p.m.  
Shrimp Scampi Action Station

14

Friday, February 14<sup>th</sup> at 12 p.m.  
Sliders Action Station

21

Friday, February 21<sup>st</sup> at 12 p.m.  
Pad Thai Action Station

28

Friday, February 28<sup>th</sup> at 12 p.m.  
Extravagant Dessert Action Station

### CHEF’S SIGNATURE RECIPE: Carbonara

INGREDIENT NAME	QTY
Medium Rice Noodles	1.00 lb.
Peanut	8.00 Ounce
Beansprouts/Carrots/Napa/Scallions	1.00 Cup
Lime Juice	2.00 EA
Cilantro	1.00 Bunch
Ketchup/Soy Sauce/Lime Juice	1.00 Tbsp EA
Shrimp/Pork/Chicken	1.00 lb.
Oil	
Ginger	1 Tbsp.

### STEP INSTRUCTIONS

1. Crush the peanuts. Soak the noodles in warm water for 1 hour.
2. Julienne the carrots and cabbage.
3. Slice the scallions, wedge 6 limes and juice the rest. Pick and wash the cilantro.
4. Mix the lime juice, sambal, soy and ketchup together.
5. On a pan, sauté the tempeh in about 1/2 cup oil until cooked. Add 3/4 of the peanuts, cook 1 minute, add the carrots and cabbage, cook 2 minutes.
6. Add the noodles and cook until hot through.
7. Sprinkle with the sauce mix while cooking.
8. Pan and top with the sprouts, peanuts, scallions and cilantro.



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!