



Celebrating February Birthdays!

Inge A. -2

Clark C. -3

Phyllis M. -7

Betty W. -8

Donna D. -8

Anne R. -11

Irene Y. -15

Ray G. -15

Cynthia R. -17

Frances H. -18

Milt B. -18

Bob T. -19

Gerry O. -27

Please come celebrate your birthday with us on, Friday, February 28th



FRIENDS & FAMILY REFERRAL PROGRAM!

Chef Paul's Recipe of the Month: Chicken Marsala

Ingredients:

4 skinless, boneless, chicken breasts (about 1 1/2 pounds)

All-purpose flour, for dredging

Kosher salt and freshly ground black pepper

1/4 cup extra-virgin olive oil

1tsp Fresh chopped Garlic

8 ounces Sliced Mushrooms

1/2 cup sweet Marsala wine

1/2 cup chicken stock

2 tablespoon unsalted butter

1/4 cup chopped flat-leaf parsley for garnish



Directions:

1. Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them; pound with a flat meat mallet, until they are about 1/4-inch thick. Put some flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly.

2. Heat the oil over medium-high flame in a large skillet. When the oil is nice and hot, dredge both sides of the chicken cutlets in the seasoned flour, shaking off the excess. Slip the cutlets into the pan and fry for 5 minutes on each side until golden, turning once – do this in batches if the pieces don't fit comfortably in the pan. Remove the chicken to a large platter in a single layer to keep warm.

3. Lower the heat to medium and add the drippings in the pan, saute for 1 minute to render out some of the fat. Now, add the mushrooms and saute until they are nicely browned and their moisture has evaporated, about 5 minutes; season with salt and pepper. Pour the Marsala in the pan and boil down for a few seconds to cook out the alcohol. Add the chicken stock and simmer for a minute to reduce the sauce slightly. Stir in the cold butter and return the chicken to the pan; simmer gently for 1 minute to heat the chicken through. Season with salt and pepper and garnish with chopped parsley before serving.

\$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!

LAKE SIDE CONNECT

FEBRUARY 2020



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Facebook: /WaltonwoodLakeside



Happy February!

We hope the month of January was good to all of you and hope that February is even better! It is the month of groundhogs, football, love, and packzi! This year, Groundhog Day and Superbowl LIV (54) are both on Sunday, February 2nd. Come join us for a Superbowl viewing party in the Trunk Club!

February also celebrates heart health. February 5th and 7th we will be learning about the importance of heart health and learning a new way, fun way to exercise and get your blood flowing!

Join us on Friday, February 7th at 1:30pm for Latin Chair Dancing. Don't forget to wear red!

Valentine's Day this year is on Friday, February 14th. Gary Pillow will be here to serenade us with love songs. Come spread the love! Additionally, we will have flower grams available this year for purchase. Each flower gram will be \$1 or you can purchase 6 for \$5. Please see Jenna or Mary to purchase your flower grams. All proceeds will be donated to the Alzheimer's Association.

Make sure to check out the rest of the month on your calendar!

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Meghan Kahm
Business Office Manager

Paul Gilleran
*Culinary Services
Manager*

Mo Martinez
*Environmental Services
Manager*

Brenda Mirowski
*Housekeeping
Supervisor*

Nicole Gavas
*Independent Living
Manager*

Jenna Durlock
Life Enrichment Manager

Laureen Vollmer
Marketing Manager

Jennifer Cullenbine
Marketing Manager

Jodie Wear
Move-in Coordinator

EMPLOYEE OF THE MONTH: MATT STONE-
DINING ROOM SUPERVISOR

Congratulations to Matt, our Dining Room Supervisor! He has been working hard to make sure that your experience in the dining room is the best that it can be each and every day. If you have a nomination for EOTM , please see Jenna!



JANUARY HIGHLIGHTS

08

Cardinal Art

What an amazing bird to honor!

10

Gender Reveal!

A bouncing baby boy!
Coming June 2020

23

Detroit History

What an amazing city to be a part of!

31

Movie Viewing:
Mackinac Ice

One of the state's greatest treasures!

Focus on 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.

TRANSPORTATION INFORMATION

All appointments/errands will be requested using the Appointment Request Slip only. Please get your slip at the front desk. Filling out a slip does not guarantee you transportation to that appointment/errand. Turn in your completed slip, including all necessary information i.e. Dr.'s Name/Errand location, address and phone number, appointment time and anticipated pick up time, to the front desk as early as you can prior to your appointment. All slips are considered on a first come first served basis. Please schedule Dr. appointments Monday through Wednesday between 8AM and 3 PM. No appointments will be scheduled for Thursday or Friday. No same day appointments. Please be signed up for weekend outings no later than the Friday before each outing.

- Upcoming Outings
- Thursday, 6th- MGM Casino
 - Thursday, 13th – Lunch at Detroit Fish House
 - Thursday, 20th- Tour of Packard Proving Grounds
 - Thursday, 27th – Lunch at Aspen

FEBRUARY SPECIAL EVENTS

02

Superbowl LIV Watch Party

Come watch the Cheifs take on the 49ers! 5:00 PM in the Trunk Club

07

Latin Chair Dancing Lessons

Come get you heart pumping with this fun exercise! 1:30 in the Dining Room

14

Spread the Love!

Join us in spreading the love and celebrating this day of love! 1:30 in the Dining Room

25

Mardi Gras Celebration!

Come and celebrate with us! 3:30 in the Trunk Club

Winter Weather

Transportation Guidelines

As the winter weather approaches, we would like to remind all of the winter guidelines for the bus.

1. If there is a heavy snow or the drivers deem it unsafe to drive, all outings and appointment transportation will be cancelled for that day or until it is safe.
2. If the wind chill is at or below "feels like" 10 degrees, all outings will be cancelled.
3. If you need to cancel any transportation requests for any reason, please contact the front desk as soon as possible.

Dear residents, families, and friends,

Happy February to all! I hope you are all settling in to the new year and any goals that you have set for yourself. I am personally trying to exercise more, watch my diet, and spend more time with family and friends! With any new year comes new opportunity! I wish you all continued success on any endeavor you've set out to achieve!

Moving into February, we still have a few loose ends in the community to tie up. We are diligently working on the pool to get that back up and running. I predict that we will be swimming before the end of the month! We are also working on changing the Bistro menu to adhere to more of what you want to see. If you have any final suggestions of food or drink that you'd like to see, please relay it to the front desk or and of the managers when you see us in the community.

Lastly, I'd like to personally thank every again for filling out their surveys and turning them in. Stay tuned for all the results and plans to address the common areas of improvement to keep our community moving forward! Have a great month everyone!!

Greg Cossaboom- Executive Director

EXECUTIVE DIRECTOR CORNER