



## 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 it's finest! Choose your toppings and enjoy!

## Celebrating Birthdays In February

Jean B. 2/4

Jim B. 2/19

Betty T. 2/22



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



2000 Canton Center Rd., Canton, MI 48188  
[www.waltonwood.com](http://www.waltonwood.com) | 734-844-3060  
Facebook: /WaltonwoodCarriagePark



## DNR OUTDOOR ADVENTURE CENTER

On Wednesday, February 5 we will visit the DNR Outdoor Adventure Center. The OAC gives you a taste of Michigan's great outdoors in the heart of the city. We can experience exciting outdoor adventures INDOORS! The trip includes hands-on activities, exhibits and simulators -- walk behind and touch a waterfall, step into a fishing boat and reel in a big fish, hit the trail on a mountain bike or snowmobile, and much more. We will also learn about how the DNR manages state parks, forests, wildlife and fish, and take a few moments to see what's swimming in their aquarium. A picnic lunch will be provided.

## COMMUNITY MANAGEMENT

Dustin Stolzman  
Executive Director

Terry Lobb  
Business Office Manager

Joel Vassallo  
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

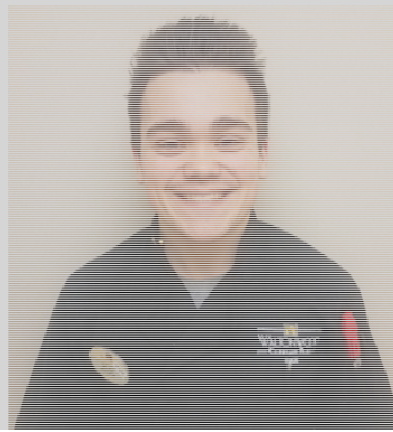
Mike Burrett  
Maintenance Manager

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

13

Today we made delicious scones with our Pastry Chef! Topped off with homemade peach preserves these were hard to put down!

16

While painting miniature winter scenes we reminisced about cold winters of years past.



19

We are bowling every Sunday in the TV Room! Join in the fun and give it a try!

25

Thank you to everyone that shared their Words of Wisdom for the year 2020.



## 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.

- **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! Outings that require additional fees will be charged to the resident's account.

**Note:** If transportation is needed for an appointment, please confirm availability with the front desk.

## FEBRUARY OUTINGS

- **Wednesday Bus Rides**  
Bus Rides will take place Wednesdays at 1:30pm, unless otherwise noted. Locations will vary. All bus rides are subject to weather. Please see calendar for details.
- **Lunch Out:** Join us as we head to Anna's House this month for a delicious lunch! Lunch fees will be charged to resident's account. Bus loads 11:00am

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

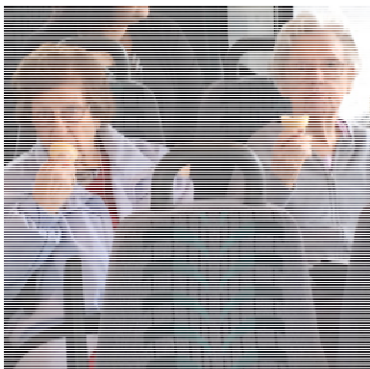
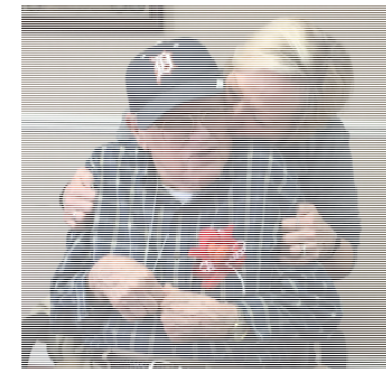
## FEBRUARY SPECIAL EVENTS

07

Go Red for Heart Health today! We will be having red wine and chocolates this afternoon!

12

I scream, you scream, we all scream for ice cream! Let's hit the road and enjoy a tasty treat!



19

Our bus tour today will be taking us to Crosswinds Marsh in hopes of spotting one of the nesting bald eagles!

26

Enjoy lunch out today at Anna's House. Known for their extensive menu and fresh local ingredients it's sure to be delicious!



## 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 7<sup>th</sup>, please join our community in recognizing American Heart Month by wearing red!

- **Dustin Stolzman, Executive Director**