

TWELVE OAKS CONNECT

MARCH 2020

CHEF'S COOKING DEMONSTRATIONS

06 Corn Beef Egg roll

13 Bread Bowl & Soup

20 Crab Rangoon Empandas

27 Ice Cream Hot Toppings

Celebrating Birthday's in March

3/10 Jane T
3/12 Nancy L
3/13 Teddi L
3/15 Aura May
3/22 Eileen R
3/27 Bill Y

March 2nd
Birthday
Celebration
Wishing you a
very

**Happy
Birthday!**

CHEF'S SIGNATURE RECIPE

Traditional Irish Soda Bread

Ingredients

- 4 cups flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 3/4 cups buttermilk



Directions

1. Preheat oven to 425 degrees. Grease and flour a 9-inch round cake pan.
2. In a large bowl, combine the flour, baking soda and salt. Gradually stir in the buttermilk until the dough comes together in a slightly sticky ball.
3. Turn dough onto a floured surface and knead gently a few times. Form the dough into a ball and then press into the prepared pan so that the dough resembles a large disk. The dough should reach the edges of the pan, but may spring back slightly.
4. Cut an X into the dough with a sharp knife, about 1/4 of an inch deep. Cover the pan of dough with another round cake pan turned upside down.
5. Bake for 25-30 minutes, covered, then remove the top pan and bake uncovered for about 10 minutes more or until the crust is dark golden brown.



UPCOMING EVENT HIGHLIGHT

Please Join us

March 26th from

11:00-1:00 for a

Taste of Waltonwood

Featuring fun and
interactive cooking
demonstrations.



\$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!

COMMUNITY MANAGEMENT

Executive Director
Angie Hanson

Nicole McDonald
Business Office Manager

Nicholas Laliros
Culinary Services Manager

Alyssa Tobias
Independent Living Manager

Monique Furniss
Life Enrichment Manager

Stephan Skidmore
Environmental Services
Manager

Heather Lasko
Marketing Manager

Betsy Weakland
Marketing Manager

Binita Patel
Resident Care Manager

Paula Wilson
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Gwen Shelton is one of the wonderful, new members of our housekeeping team. She loves seniors and has worked closely with them for years as a Life Enrichment Assistant, Medical Assistant, and in patientcare. She feels that the residents she meets are like parents and grandparents to her, as she lost both of her parents at a very young age. Gwen still keeps in contact with many of the residents she met while working as a Life Enrichment Assistant.

Gwen was born in Peachtree, Alabama. She lived in Mobile, Alabama until she was 7 and then her family moved to Michigan. Gwen shared a funny fact with me, she was born on her grandfather’s front porch and was delivered by her grandmother!

Gwen has a husband Steven, and 3 children. Her son Blake is 30 years old, her daughter Marissa is 26 years old and her youngest Michael is 19 years old and works in our community as a dishwasher.

Gwen loves to draw, sing and dance. Her paintings are beautiful, she displayed them in the AL Library for the residents and associates to see a few weeks ago. Her art was so joyful and just shows her wonderful, kind spirit. It is so inspiring that Gwen always tries to be positive and make a difference everyday in someone’s life.



TRANSPORTATION INFORMATION

“Open” Bus Service Every Thursday

- ❖ Doctor’s visit
- ❖ Shopping Trips
- ❖ Emagine Theatre
- ❖ Restaurants
- ❖ Local Community Centers



Doctor’s visits will take priority over all other requests.

Please see Mike 2 week prior to your appointment date so that he can confirm the request.

Mike will make every attempt to accommodate your request.

Please join us on Friday’s for our Outings, sign up book located in the Fireside Lounge.

FEBRUARY HIGHLIGHTS

03

Sundaes on Monday/Birthday Celebration

“Birthdays come but once a year, celebrate and be of good cheer.”

07

Oscar Party

“Darling, it wouldn’t be a party without you.”



14

Valentine's Day Arts & Craft

“Love is just a word until someone comes along and gives it meaning.”

14

Ford MacNichol Home/Museum



MARCH SPECIAL EVENTS

02

Sundaes on Monday/Birthday Celebration

“Birthdays come but once a year, celebrate and be of good cheer.”

18

Story telling Painting Social

“Every artist dips his brush in his own soul, and paints his own nature into his pictures.”

27

Billiards Party

“Live every hour like it’s Happy Hour.”

30

Tigers Season Opener Game & Tailgate Party



FOREVER FIT/WELLNESS TOPIC/LE

Pick Your Pace Just like our personalities our fitness profile is uniquely ours. Our strengths, weaknesses, abilities and limitations are directly related to our overall health and wellness. Past experiences often shape our perception of where we feel we “should” be when assessing our current state, and while it’s completely normal to want to compare ourselves to others...don’t! What matters most is being honest with yourself and with your capabilities, because it’s those capabilities that allow you to establish an appropriate base upon which your future improvements can be built. By focusing on yourself rather than focusing on the work of your peers you help identify what your body truly needs, a tailored approach designed for you and you alone. Like most thing in life exercise is not one size fits all so don’t be afraid to slow down to pick a pace that suits you best. A good exercise program is a safe exercise program one designed with your needs in mind is the safest one of all.

EXECUTIVE DIRECTOR CORNER

I was happy to hear the results from Phil during our recent groundhogs’ day which has predicted an early spring!!! I could definitely enjoy a little sunlight and warmth at the moment. The new year started off a little shaky for some with an illness that passed through the community. I am happy to see everyone back to a good and healthy state. I know the days got long for those ill during this time, but I want to thank you for your cooperation to ensure the safety and wellbeing of the community.

I know at times friends or neighbors in the community are sent to the hospital and may be out of the community for an extended time. We are often asked questions that unfortunately we are unable to answer due to privacy, but what we are able to do is forward them cards or notes if you would like to keep in touch while they are away. If you would like to get an item to a fellow community member please drop them off at the concierge desk and we will ensure they receive them.

Pleage know my door is always open,