

CHEF'S SIGNATURE RECIPE: *Irish Soda Bread*

Irish Soda Bread is a quick bread that does not require any yeast. It's dense, yet soft and has the most incredible crusty exterior.

Ingredients

- 1 and 3/4 cups buttermilk*
- 1 large egg
- 4 and 1/4 cups all-purpose flour
- 3 Tablespoons granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 5 Tablespoons unsalted butter (cold and cubed)

Instructions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper or grease a 9-10-inch cake pan or pie dish. Set aside.
2. Whisk the buttermilk and egg together. Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a fork, or your fingers. Work the dough until into coarse crumbs. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. With floured hands on a lightly floured surface, work the dough into an (approximately) 8- or 9-inch round loaf as best you can. If the dough is too sticky, add a little more flour.
3. Transfer the dough to the prepared baking sheet. Make a X into the top. Bake until the bread is golden brown and center appears cooked through, about 45 minutes. Loosely cover the bread with aluminum foil if you notice heavy browning on top. I usually place foil on top halfway through bake time.
4. Remove from the oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads. Enjoy!

CELEBRATING BIRTHDAYS IN MARCH,

3/10 Richard R.
3/15 Erna H.
3/19 Lois C.
3/24 Barbara P.

*To dream is the
reward for being
alive.*

~Robert M.
(AL Resident)



FRIENDS & FAMILY REFERRAL PROGRAM

\$1,000 RESIDENT REFERRAL BONUS

Have you shared your love for Walton wood lately? When you refer someone to a Walton wood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

LAKE SIDE CONNECT

March
2020

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MI 48313

www.waltonwood.com | 586-532-7601
Facebook: /WaltonwoodLakeside



Happy March!

March comes in lion and out like a lamb. Also, with March comes the beginning of spring and we at Waltonwood are looking forward to the upcoming fair weather. There is much planned to keep us busy as we wait for spring. Our second Annual "Taste of Waltonwood" event is planned on March 26th. Please R.S.V.P as you will not want to miss this wonderful event that highlights the talents of our Culinary Department and the fresh ingredients, they use every day. As they say everyone is Irish on St. Patrick's Day, so wear your green and join us March 16th as we celebrate the upcoming holiday. The month closes with our Tiger's Opening Day celebration, join in the fun, we turn Waltonwood in to the ballpark. Hot dogs, peanuts and more will be served. So, join one of our many programs, events, or outings this month. There is much to do at Waltonwood Lakeside and many great people to do it with!

COMMUNITY MANAGEMENT

Greg Casebook
Executive Director

Meghan Kham
Business Office Manager

Paul Gillian
Culinary Services Manager

Jennifer Murray
Life Enrichment Manager
(AL)

Tonya Wilson
Life Enrichment Manager
(MC)

Mo Martinez
Environmental Services
Manager

Laureen Vollmer
Marketing Manager

Jennifer Columbine
Marketing Manager

Stacey Lumpier
Resident Care
Manager

Char Tate
Wellness
Coordinator

Associate Spotlight
Kenya S.

Kenya has been with Waltonwood Lakeside since 2012. Kenya works on the Resident Care team as a med tech. Additionally she has been promoted to supervisor in charge as well as a peer mentor. Kenya has a wonderful heart for all of the residents here at Waltonwood Lakeside and is extremely thorough in her role. We appreciate all of her valuable help, direction and being a positive role model in our community.



February HIGHLIGHTS

01
Celebrating Heart Health
A great topic to highlight, to keep us healthy and happy.

14
Valentine’s Day “Spread the Love” Party.
What a great time! Many wore red and joined us for this lovely afternoon celebrating our sweethearts.



16
Lunch at Bad Brads Barbeque
Great Barbeque but even greater company!

24
Mardi Gras & Paczkis
Yummy!! Who can resist a Paczki? Not many of us could. Mardi Gras is always a fun celebration.

MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

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.

~Chris Grabowski
MS | Senior Forever Fit Manager

TRANSPORTATION INFORMATION

We strive to provide exceptional transportation services for our residents. All outings occur on Friday, sign up is located at the front desk and is required. Family is welcome join us on an outing, so please consider attending, the more the merrier. Additionally, we carefully plan our outings based on resident’s interests, to provide continued success in the community at large.

- Destinations:
04 Movies
06 O’Conner’s Irish Pub
13 Brunch Bunch
25 Montessori School Visit
27 Louis Pizzeria

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.
~Irish Blessing



UPCOMING March

01
Tai Chi for Fitness
Join us on Tuesdays at 9:45 a.m. with Stephanie, as she teaches us the fundamentals of Tai Chi.

16
St. Patrick’s Day Party
Let’s Celebrate St. Patrick’s Day Together and don’t forget to wear your green.

26
Taste of Waltonwood
Join us for this special event that celebrates our talented Culinary team.

30
Tiger’s Opening Day Celebration
Take me out to the ball game... It is that time of year again, join us as we celebrate Opening Day.



EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,
Happy March to all! Winter is still lingering around, as we have seen some more snow over the past few weeks. What a weird winter this has been! Hopefully as we move into the new month we will see less and less of the snow, and more sunny days! Spring is right around the corner! I wanted to take a moment to thank you for completing the resident/family satisfaction survey over the holiday season. I have spent a great deal of time reviewing your responses and look forward to working with our community leaders on our action planning that will begin in March. In upcoming weeks, I’ll send further communication about our surveys and our 2020 goals. Without your feedback, we will not continue to grow as a community. Thank you! Finally, we look forward to having everyone at all of our community events over the next month. I’m looking forward to St. Patrick’s Day since I have a lot of Irish heritage. But we’re all Irish on that day! Please come and share in the fun! We also have our Taste of Waltonwood on March 26th! We look forward to seeing you there! Have a great month!

Sincerely,
Greg Cossaboom
Executive Director