



HAPPY BIRTHDAY IN MARCH

Residents:

17 Patricia L

31 Tom M

Associates:

10 Latina

13 Jenna

14 Marcia

16 Julia

21 Emily

29 Nick

THURSDAY IS OMELETTE DAY



Irish Soda Bread

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

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. 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. 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. 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.

**LAKE
SIDE
CONNECT**

MARCH 2020



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Facebook: /WaltonwoodLakeside



MARCH 2020 UPCOMING HIGHLIGHTS

March is finally here! Spring is that much closer! Speaking of spring, reminds me of Spring Training and that we will be celebrating the Detroit Tigers Opening Day on Monday March 30th. Join the FUN!

Life Enrichment is so much more than just “activities.” Enrichment gives us purpose, allows us to focus on our passions and have balance in our lives.

We have been talking about balance a lot lately. We can't exercise 24 hours a day and we can't sleep 24 hours a day. Balance is important, it is defined as “the distribution of weight allowing something to remain upright & steady.”

Please reach out to me any time via text or email. I love your ideas and suggestions!

Tonya Wilson
Life Enrichment Manager
Tonya.Wilson@singhmail.com

**COMMUNITY
MANAGEMENT**

Greg Cossaboom
Executive Director

Tonya Wilson
Life Enrichment Manager
MC

Charnette Tate
Wellness Coordinator

Stacey Lamphier
Resident Care Manager

Paul Gilleran
Culinary Services Manager

Meghan Kahm
Business Office Manager

Mauricio Martinez
Maintenance Manager

Brenda Mirowski
Housekeeping Supervisor

Jen Cullenbine
Marketing Manager

Laureen Vollmer
Marketing Manager



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!

ASSOCIATE SPOTLIGHT

KENYA SHELLY

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 2020 HIGHLIGHTS

- 3

We welcomed Jolene to our Life Enrichment Team today. She has a passion for living healthy and is a great addition to our programming.
- 7

We visited the private collection of Stahl's Automotive Museum in Macomb. We had so much fun looking at all the polished cars from years past.

- 14

Today we celebrated Valentine's Day with an All Community Spread the Love Party. The music got us dancing in our chairs and love was in the air.
- 25

We celebrated Mardi Gras in full with an afternoon party, green, purple, gold beads and traditional paczki's for all!



FOREVER FIT / WELLNESS

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.

TRANSPORTATION INFORMATION

We strive to provide exceptional transportation service for our residents. All outings occur on Wednesday or Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents' interests, to provide continued success in the community at large.

MARCH 2020 Destinations: RSVP Required

Movie's	4
O'Connors Irish Pub in Rochester	6
Country Ride	11
Brunch Bunch	13
Movie's	18
Shopping at Salvation Army	20
Reading to Students at Montessori School	25
Louis Pizza Hazel Park	27

MARCH 2020 SPECIAL EVENTS

- 3

Every Tuesday
Stephanie joins us at 10:15 for Tai Chi. Tai Chi is a gentle exercise that helps improve our muscles, flexibility and balance.
- 4

Every Wednesday
Evelyn joins us at 3:00 p.m. for an engaging exercise program, we stretch to music and laugh a lot.
- 16

Together with our friends The Gaels we will be enjoying a spectacular Irish St. Patrick's Day Celebration filled with all things Irish at 1:15 p.m.
- 26

Our second annual Taste of Waltonwood will be celebrated today. Fine food, entertainment will be included for a lovely afternoon from 1:00 – 3:00 p.m.



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, CALD Executive Director