



Celebrating March Birthdays!

Virginia W. -1

Chi A. -2

Lisa N. -2

Shirley W. -9

Mariann M. -11

Lou F. -13

Gail D. -15

Joe W. -15

Cynthia R. -17

Larry O. -21

Please come celebrate your birthday with us on, Friday, March 27th

Chef Paul's Reciepe of the Month

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.



FRIENDS & FAMILY REFERRAL P ROGRAM!

\$3,500 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

MARCH 2020



14750 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside



Happy March!

We hope you are looking forward to the spring thaw this year! Spring time is time for a new fresh breath of life and fun! We hope that you come out and enjoy the spring time weather with us towards the end of the month.

The first day of Spring is on Thursday, March 19th this year, a little earlier than normal. Additionally, don't forget to change your clocks on the Sunday the 8th, or Saturday the 7th right before you go to bed! We're putting them ahead this time around.

A lot of exciting things are happening this month! We are looking forward to you joining us on March 13th for a

specially themed dinner. Our Red Carpet Reception is open to all residents to enjoy. Come dressed to impress and red carpet ready!

On March 26th, we will be hosting our annual Taste of Waltonwood Open House Event. This is event is a strolling event and open to the public. Please RSVP to the desk no later than March 20th.

We are always looking for new and exciting things to do and try. If you have any requests or ideas of somewhere or you would like to go or things you would like to do, please don't hesitate to share! Come find Jenna whenever you're ready!

COMMUNITY MANAGEMENT

Greg Cossaboom
Executive Director

Meghan Kahm
Business Office Manager

Paul Gilleran
Culinary Services Manager

Mo Martinez
Environemental Services Manager

Nicole Gavas
Independent Living Manager

Jenna Durlock
IL Life Enrichment Manager

Jennifer Murray
AL Life Enrichment Manager

Tonya Wilson
MC Life Enrichment Manager

Laureen Vollmer
Marketing Manager

Jennifer Cullenbine
Marketing Manager

Stacey Lamphier
Resident Care Manager

Charnette Tate
Wellness Coordinator

EMPLOYEE OF THE MONTH: BEN YANKO-
DINING ROOM SUPERVISOR

Congrats to our other Dining Room Supervisor who has been working hard to make sure your dining experience has been the best that it can be! Your hard work doesn't go unnoticed! If you have a nomination for EOTM , please see Jenna!



February Highlights

07

Latin Chair Dancing

Make sure to join us next time when Fabiola comes to visit!

13

Detroit Fish House

We had such a wonderful time getting lunch with friends!



20

Packard Proving Grounds Tour

History is all around us!

25

Mardi Gras Celebration!

Happy Lent season and happy Mardi Gras!



Pick Your Place

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

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, 5th- MGM Casino

Thursday, 12th – Lunch and Shopping at Macy's

Thursday, 19th- Lunch at Bobby Mac's Bayside Tavern- Clay Twp

Thursday, 26th – Breakfast at the Pancake Factory

March Special Events

04

Water Aerobics

It's back! Every Wednesday in the Pool for some exercise!

13

Red Carpet Reception

Come dressed to the nines and walk the Red Carpet before dinner!

16

St. Patrick's Day Celebration!

Join us in our early celebration of St. Patrick!

26

Taste of Waltonwood

Please RSVP to Mary at the Front Desk

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,

EXECUTIVE DIRECTOR CORNER

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!

Greg Cossaboom- Executive Director