



**March
Birthday Celebration**
March 13th-2:00pm

3/4 Paul D
3/12 Odette A & Tom M

3/15 Sharon K

3/16 C

3/17 Pat M

3/28 Elaine L

**3/29 Margaret N &
Carmen H**

CHEF’S COOKING DEMONSTRATIONS

04 Corned Beef Egg Roll- Lunch **11** Bread Bowl Soup Station - Lunch

18 Crab Ragoon Empanadas - Lunch **28** Ice Cream w/ Hot Toppings - lunch

30 Cracker Jacks – Hands on Demo
at 10:30am in the Activity Room

CHEF'S SIGNATURE RECIPE

Decky's Friendship Tea

- Ingredients:
- 1 cup instant tea mix, unsweetened
 - 1-3/4 cup instant lemonade mix
 - 20 oz Tang
 - 1-1/2 tsp ground cinnamon
 - 1-1/2 tsp ground cloves
- Directions:
1. Mix all ingredients together and store in a tight sealed container
 2. To make a cup of Tea: mix 2-3 teaspoons in 6-8 oz boiling water. Adjust to taste
 3. Enjoy!



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!

TWELVE OAKS
CONNECT



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www.waltonwood.com | 248-735-1030
Facebook: /WaltonwoodTwelveOaks



“ No winter lasts forever; no spring skips it’s turn.” Hal Borland

In March we have many exciting events and outings planned to help us say goodbye to winter as we enjoy the renewal that spring brings. We’re all Irish on St. Patrick’s Day, March 17. Please join us for a fun filled day.

Our next event to welcome Spring is our 2nd Annual Taste of Waltonwood that will be held on March 26 from 11-1pm. It is sure to be a feast for your senses. Our culinary team will be unveiling a sample of what the new spring menu will offer and in Life Enrichment we will start planting our tomato, basil and parsley plants indoors.

In the world of sports enjoy all of the excitement of March Madness by completing a bracket sheet to see if your team will win the Championship Game. Then we’ll get out our Detroit Tigers gear on and root,root, root for the Tigers as they have their home opener vs the Kansas City Royals on March 30 at 1:10pm. Join us earlier in the day for our Hands on Demo where we will make homemade Cracker Jacks!

COMMUNITY
MANAGEMENT

Karis Jones
Regional Executive Director

Angie Hanson
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Randi Furniss
Housekeeping Supervisor

Alyssa “Lee” Tobias
Independent Living
Manager

Stefanie Roland
Life Enrichment Manager

Stephan Skidmore
Maintenance Supervisor

Heather Laskos
Marketing Manager

Binita Patel
Resident Care Manager

ASSOCIATE SPOTLIGHT – GWEN SHELTON

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.



FEBRUARY HIGHLIGHTS

7

Great turn out for our **GO RED** campaign. The day started out with some finishing touches to our look with manicures and lipstick. Then off to for a musical surprise with Heartfelt music performed by Dino Valle.

10

Gwen Shelton shared with us another side of herself at **Show and Tell**. Her artistic side! The residents just loved her artwork and learning about her inspiration for each of her paintings.



12

Friendship Tea hosted by Decky was a huge success. Everyone enjoyed the hospitality, special treats and of course your wonderful Tea. Thank you for sharing the recipe too! (see pg 4)

21

Winter Carnival was a full week of winter themed games that created friendly competition among the residents. We had an exciting finish by the Ice Cubes in the toboggan race. But, it wasn't enough to knock the Sunset Team out of 1st place.



FOREVER FIT - Focus on Health 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.

TRANSPORTATION INFORMATION

Another great month of outings is in the works that will include local museums, events, eateries, concerts and seasonal activities. We welcome families to join us on the outings with your loved one. If you have any questions or fun ideas for outings please call Stefanie at 248-735-1030. *Don't forget to sign up in the book located outside the Activity Room as soon as you are interested.* Our bus fills up fast!

Kroger Grocery Store – 9:30 am on all Tuesday's in March

Holy Family Catholic Church – 8:30 am on all Wednesdays in the month

3/3	11:30	Men's Club Luncheon: "IrishTavern"
3/10	11:30	Lunch Outing: "Olive Garden"
3/16	11:00	Ladies Green Hat Luncheon: Sean O'Callaghan's Pub
3/17	1:30	Trip to Dairy Queen

For those who won free Blizzards during the Winter Carnival, don't forget your certificate.

3/24	11:15	Lunch and Movie Outing.
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Specifics about restaurant and movie to be determined closer to the date.

MARCH SPECIAL EVENTS

6th

All are welcome to participate in the fun festivities of the Jewish **celebration of Purim**. Leah Susskind and her students will facilitate this commemoration of the Jewish people who were saved from Haman.

19th

You don't want to miss this informative **Lunch and Seminar: Protecting Yourself from Scams & Identity Theft** hosted by **Wayne State**. RSVP to Stefanie to reserve your seat. Limited space available.

17th

Join us for our **St. Patrick's Day** party. Special Blend will put us in the mood with the wonderful music associated with Emerald Isle.

26th

All are welcome to our **2nd Annual Taste of Waltonwood**, where our culinary team will showcase our spring seasonal fare and life enrichment will provide you an opportunity to plant your tomato and herb seedlings



FROM THE DESK OF THE EXECUTIVE DIRECTOR: 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 during 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 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.

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Please know my door is always open,

Angie Hanson