



No March Birthdays

We have many other ways to celebrate the month of March.

CHEF’S COOKING DEMONSTRATIONS

- 5

Corned Beef Egg Roll-
Lunchtime
- 12

Bread Bowl Soup Station-
Lunchtime
- 20

Cooking Class-Spring is in
the Air-3pm
- 26

Ice Cream with Hot
Toppings-Lunchtime

CHEF’S SIGNATURE RECIPE

TRADITIONAL IRISH SODA BREAD

Yield: 1 loaf

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Traditional Irish soda bread made with just a few simple ingredients

Ingredients

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

Instructions

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.

TWELVE OAKS
CONNECT

MARCH 2020



27475 Huron Circle, Novi, MI 48377
www.waltonwood.com | 248-735-1030
Facebook: /Waltonwood Twelve Oaks



“ 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 is Waltonwood’s welcome to Spring. Taste of Waltonwood 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 are so excited to get started planting our tomato, basil and parsley plants indoors. Last year they all grew so well and we really enjoyed eating them.

In the world of sports we will enjoy all of the excitement that March Madness has to offer. Then we’ll get out our Detroit Tigers gear and root,root, root for the Tigers as they have their home opener vs the Kansas City Royals on March 30 at 1:10pm. Please join us.

COMMUNITY
MANAGEMENT

Angie Hanson
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Alyssa “Lee” Tobias
Independent Living Manager

Alecia Greenberg
Life Enrichment Manager

Stephan Skidmore
Environmental Services Manager

Heather Laskos
Marketing Manager

Betsy Weakland
Marketing Manager

Binita Patel
Resident Care Manager

Wellness Coordinator
Paula Wilson-Tatum

\$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!

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.



FEBRUARY HIGHLIGHTS

6 Senior Academy Awards. We had a great time celebrating what makes each resident special. Please make sure you check out their certificates. We enjoyed a toast and appetizers.

7 Walking Club Heart Healthy Challenge. We all wore red and walked extra laps today in order to keep our hearts healthy. In the afternoon we enjoyed a heart healthy snack.

14 Valentine's Day Celebration. What a great celebration, we had cookies and Valentine cards donated from Faith Community Church. We also frosted our heart-shaped cookies and enjoyed shared them.

19 Decorate Our Green Hats. We have a few new ladies that want to join our Green Hat Club and enjoy our upcoming outing to Sweet Afton's Tea Room. So we had a great time helping them decorate their green hats and they look fabulous!



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

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 Alecia at 248-735-1030.

March 4 : Great Harvest Bakery and Northville at 10:30am

March 11: Scenic Drive and Donuts at 10:30am

March 18: Green Hat Tea Party at Sweet Afton’s Tea Room at 1:30pm

March 25: Looking for Signs of Spring at 10:30 am

MARCH SPECIAL EVENTS

17 St. Patrick’s Day Celebration. We’re all Irish today. Come join us at 2:30pm as we sing Irish songs and enjoy the four leaf clover treats that we will be making.

26 Taste of Waltonwood. Spring is in the air as we will be sampling our new spring menu and planting our tomato and parsley plants that we will take outside when the weather warms up.

27 March Madness. Let's shoot some hoops and talk about what makes this time of the year so exciting at 3pm.

30 Detroit Tigers Opening Day. Let's root,root, root for the Tigers as they take on the Kansas City Royals at 1:10pm. We will be grilling hot dogs to help us get in the spirit.



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.

Please know my door is always open,

Angie Hanson