



Look  
Who's  
Celebrating

Pandora 3/6  
Terina 3/22  
Chris 3/30

Join us March  
19<sup>th</sup> 1:30 pm for  
our Birthday  
Celebration

CHEF’S COOKING DEMONSTRATIONS

04 Tableside Salad

The refreshing flavors of freshness right at your table! Nothing tastes as good as a fresh made-to-order salad!

09 Pudding Bar

It's all about the layers! Create the perfect pudding parfait with pudding, whipped cream, and assorted toppings.

17 St. Patrick’s Dinner

Traditional Irish classics are sure to delight everyone! Bring your appetite and wear your festive green!

27 Brownie a la Mode

Need we say more? YUM!

Irish Corned Beef Hash and Eggs

INGREDIENTS

- 3 Tbsp. Extra Virgin Olive oil
- 1 Onion, chopped
- 1 Bell peper, chopped
- 3 Large russet potatoes, cubed
- 1 tsp. Oregano, dried
- Kosher salt, dash
- Ground Pepper, dash
- 1 c. Corned beef, chopped
- 6 large eggs

DIRECTIONS

1. Preheat oven to 400. In large ovenproof skillet over medium heat, heat oil. Add onion and bell peper and cook until softened, then add potatoes, oregano, salt and pepper. Cook until potatoes are golden and tender, 15 - 20 minutes. Add corned beef and cook until crispy, 5 minutes.
2. Make 6 wells in hash, then crack an egg into each well. Season the eggs with salt and pepper. Transfer skillet to oven and bake until whites are just set, 8 minutes.



\$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!

CARRIAGE  
PARK  
CONNECT

MARCH 2020



After the infamous groundhog predicted an early Spring in February, we await what the month of March will bring with anticipation! We begin to notice the early signs of a season change when we see robins, sprouting green grass, and buds on trees – all signs of rebirth and growth – and we at Waltonwood hope for the same renewal in our community! Come learn how you can create new habits of happiness on the first day of Spring, March 20<sup>th</sup>, which is also International Day of Happiness☺ Sharpen your brain skills at our weekly Brain Awareness activity on Wednesdays, where we will challenge your cognitive skills by thinking outside of the box, and have fun doing it too! March is Women’s History month, so each Monday afternoon we will be highlighting special women in history with a movie of their lives. Be sure not to miss our St. Patrick’s Day celebration on the 17<sup>th</sup>! Dress in your best greens, play a special game of Shamrock Bingo, followed by Irish Putt-Putt and Karaoke, and a delicious Irish meal to follow! And we have a special Wine and Appetizer pairing with Dustin and Joel on March 25<sup>th</sup> that’s sure to wow you. Whether you’re Irish or not, we wish you a blessed month of March!



2000 Canton Center Rd., Canton, MI 48188  
[www.waltonwood.com](http://www.waltonwood.com) | 734-844-3060  
Facebook:/WaltonwoodCarriagePark

COMMUNITY  
MANAGEMENT

- Dustin Stolzman  
Executive Director
- Terry Lobb  
Business Office Manager
- Joel Vassallo  
Culinary Services  
Manager
- Erin McGraw  
Life Enrichment Manager
- Nichole Passmore  
Life Enrichment Manager
- Annette Rogers  
Marketing Manager
- JoAnn Mayher  
Resident Care Manager
- Jeremy Meriwether  
Wellness Coordinator
- Mike Burlett  
Maintenance Manager
- Nathan Brown  
Independent Living  
Manager



FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Our Associate of the Month is Fran (Driver)! Fran has infused so much energy and passion into our community. Her love for our residents is evident in how she conducts herself every day in her role. Fran is always asking how she can help, ready to jump in to support the team in any manner necessary. Fran’s positivity, work ethic, and compassion exemplify our FAMILY values at Waltonwood, and we are proud to honor Fran as our Associate of the Month!



TRANSPORTATION INFORMATION

Check the information table near the mailboxes to sign up for outings or other transportation. If your loved one would like to be included in an outing, please be sure to sign up! Family members are welcome to attend as long as we have room on our bus.

**Note:** Monday and Tuesday are priority for medical appointments. So please try to schedule your medical needs on these days if at all possible.

MARCH OUTINGS

- March 10 Lunch at 5 Guys Burgers
- March 12 Laurel Park Mall
- March 20 Sight seeing with Pat Sharland
- March 24<sup>th</sup> Resident Night out at Cracker Barrel
- March 27<sup>th</sup> Spring bus ride

MARCH SPECIAL EVENTS

10

Enjoy a burger and home cut fries at Five Guys in Canton

17

We will be celebrating The Irish all day!



20

Enjoy a first day of Spring bus ride with Pat to see what’s sprouting.

24

Resident night out at Cracker Barrel with Fran and Cheryl



FEBRUARY HIGHLIGHTS

05

Special Valentine Craft

07

Thank you, Robert from Oakland Home Health Care, for all the practical tips on keeping our hearts healthy!



14

We sure did have a great Valentine Social!

20

Great Day at the Charles Wright Museum.



FOREVER FIT: 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 things 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

EXECUTIVE DIRECTOR CORNER

This year, Waltonwood introduced a new recognition called the Waltonwood Hero Award. All Waltonwood communities in Michigan, North Carolina, and Virginia, were able to submit up to five nominations for the award. The purpose of the award is to recognize associates who demonstrate extraordinary commitment to the delivery of quality service to residents and creates a FAMILY atmosphere. Of the four recipients of this national award, two associates from Waltonwood Carriage Park were chosen as winners: **Cheryl Paputa (AL Concierge)** and **Steven Winther (Maintenance Tech)**! We are so privileged to have these two associates as part of our community; both Cheryl and Steven exemplify our FAMILY values and embody compassion, empathy, and respect. Congrats to our heroes!

-Dustin Stolzman, Executive Director