



MARCH BIRTHDAYS

Jeannine L. 3/2

Roberta P. 3/7

Romo R. 3/21

Ann S. 3/29

Ruby G. 3/30

Lee T. 3/30

CHEF’S COOKING DEMONSTRATIONS

04

Deluxe Chef Salad Station

18

Bananas Foster Station

11

Mixed Berry Crepe Station

25

Soft Taco Station

CHEF’S SIGNATURE RECIPE

Irish Bread & Butter Pudding

Pudding:

- 2 cups heavy cream
- 1 vanilla bean, split and seeds scraped or 1 teaspoon vanilla extract
- 1 cup sugar, plus 1/2 cup for the topping
- 8 egg yolks
- 12 slices white bread, crusts removed
- 1 stick butter, room temperature
- 3/4 cup golden raisins, soaked in 3/4 cup Irish whiskey

Whiskey Tea sauce:

- 4 tea bags
- 4 cups boiling water
- 3/4 cup Irish whiskey (reserved from pudding)
- 2 tablespoons sugar
- 2 cinnamon sticks
- 2 cloves
- 1/2 lemon, juiced

1. Preheat the oven to 325 degrees F.
2. In a saucepan over low heat, add the cream, the scraped vanilla bean and the seeds (or extract) and 1/2 cup of sugar. Whisk to combine. Bring the cream to a boil. While the cream is coming to a boil, whisk the yolks and 1/2 cup sugar together until they are mixed. When the cream comes to a boil, remove it from the heat and whisk in 1/3 of the egg yolk mixture, then immediately whisk in the remaining egg mixture. Reserve this mixture until you are ready to assemble the pudding.
3. Butter 1 side of the slices of bread and cut them into triangles. Butter an 8 by 8-inch square baking dish and put a layer of bread points, overlapping, in the bottom of the dish. Strain the raisins reserving the whiskey. Sprinkle half of the whiskey soaked raisins on top of the bread layer. Pour half of the cream/egg mixture over the bread and raisins. Repeat this process with the bread and raisins and finally finish with bread. Pour the remaining cream/egg mixture into the dish. Press down gently on the whole thing to compress and really compact the pudding. If all of the cream mixture doesn't fit into the pan, wait 10 to 15 minutes and then try again.
4. Set the bread pudding dish inside a 9 by 13-inch baking dish or roasting pan and add hot water until it reaches 1/2 to 2/3 of the way up the sides of the pudding dish. Cover the whole thing with aluminum foil and bake in the preheated oven until the custard has set, about 1 hour. Remove the pudding from the water bath and let it cool for 10 minutes. Sprinkle the top of the custard with the remaining 1/2 cup sugar in a thin even layer. While the pudding is baking, combine all the sauce ingredients in a small saucepan and let steep for 15 minutes. Discard the tea bags and the lemon half. Bring the sauce to a boil and then lower the heat and simmer until the liquid has reduced by half.

-Sean McNally | Culinary Services 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!

MAIN CONNECT

MARCH 2020



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www.waltonwood.com | 248-601-7600
Facebook: /WaltonwoodMain



IT MIGHT AS WELL BE SPRING

Friday, March 20th marks the first day for Spring 2020, and we are all ready for warmer weather! March 20th also marks the International Day of Happiness. I know we will all be joyous when Winter is finally over and we can begin to enjoy the outdoor outings, programs and parties again.

Please mark your calendars for Tuesday, March 31st. We will have our annual Taste of Waltonwood event with a variety of culinary treats from Chef Sean and his team and a fun garden craft for you to take home.

Waltonwood Main offers a variety of programs to keep you engaged and thriving in our Rochester community. Please check out the following pages for programs that interest you. As always, we thank you for choosing Waltonwood Main as your home and look forward to serving you this Spring Season.

COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

Liz McMurtrie, CTRS
AL Life Enrichment Manager

Kathleen Colonello
MC Life Enrichment Manager

David Mantels
Environmental Services
Manager

Celeste Roth
Marketing Manager

April Myers
Marketing Manager

Natoria Wheeler
Wellness Coordinator

Jonathan Hills
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Awaz Putrus

Awaz was born in Bagdad, Iraq on February 7, 1965. She has 3 brothers and 1 sister. Her Mom was a housewife and Dad was a telecommunications businessman. Awaz was married in 1981 in Michigan and met her husband through family. She has 3 daughters, ages 37, 34, and 30 years. Her favorite movie is *Friday*, book is the Bible, and song is “Hello” by Adele. She loves butter pecan ice cream! Did you know Awaz can speak 3 languages? Arabic, Chaldean and Kurdish. If she could travel anywhere, Awaz would love to visit Jerusalem. Awaz loves working at Waltonwood Main and cares about all of our residents.



FEBRUARY HIGHLIGHTS

07

Residents had fun and learned a lot about Heart Health on the Scavenger Hunt! Participants won heart healthy dark chocolate!

14

Server, Patty, arranged the staff volunteering to make corsages and bouttenieres to give out to each resident on Valentine’s Day!

11

Residents enjoyed visiting the sweet little valentines at Neighborhood Childcare Center in Rochester!

18

Ballroom Dancing fun!



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.

Chris Grabowski, MS | *Senior Forever Fit Manager*

TRANSPORTATION INFORMATION

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John’s Lutheran and St. Andrew’s Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles. Check out our group outings this month and be sure to join us!

- March 3rd—Shamrock Shakes at McDonald’s—2:15pm
- March 4th—Shopping at Walgreen’s/Dollar Tree—3:00pm
- March 10th—Scenic Drive—2:15pm
- March 17th—Cranbrook Art Museum—2:15pm (\$8 per person)
- March 18th—Lunch Outing to Big Boy—11:00am
- March 24th—Movie Outing TBA
- March 25th—Scenic Drive—3:30pm

MARCH SPECIAL EVENTS

2

Enjoy a Senior presentation of fun facts and amazing information on the feathered, furry and scaled wildlife in Michigan.

30

Join us to cheer on the Tigers to a win at their home opener! Wear your Tiger gear and enjoy hot dogs, peanuts and some baseball!

13

Wear your green and join in all the Irish fun at our St. Patty’s Day Party! Balancing Earth will be here to entertain with an all Irish show!

31

Sample the culinary delights of our community and enjoy potting a fresh herb or vegetable plant at our 2nd annual Taste of WW event!



EXECUTIVE DIRECTOR CORNER

Did you know that March 15th is The Ides of March Day? Or, roughly, the 2057th anniversary of Julius Caesar’s assassination by Brutus & Co. One of the most famous Roman emperors received the ultimate backstabbing from his political contemporaries who felt he had gotten a little too big for his britches—or in his case, his toga. The word “ides” derives from the Latin word *idus*, a time word that indicates “middle of the month.” In the case of March, May, July, and October, this meant the 15th day. If you’re a Shakespeare fan, you know that it’s best to beware on this day.

Lance Helton | *Executive Director*