



Happy Birthday

Shirley 3/10

Sue B. 3/15



FRIENDS & FAMILY REFERRAL PROGRAM!

MADE-TO-ORDER STATIONS

3/5

Ice Cream Sundae Bar

3/12

Mixed Berry Crepes

3/19

Grilled Cheese and Tomato Soup

3/26

Banana Splits

IRISH BREAD & BUTTER PUDDING

Irish Bread & Butter Pudding

Pudding:

2 cups heavy cream
1 vanilla bean, split and seeds scraped or 1 tsp vanilla
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

MAIN MC CONNECT

MARCH 2020



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 program 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.



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COMMUNITY MANAGEMENT

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Maintenance Supervisor

Celeste Roth
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April Myers
Marketing Manager

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 our residents.



FEBRUARY HIGHLIGHTS

2/7

Go Red Beauty Bar for Heart Health

2/10

Up North Retreat Opening!



2/14

Valentine’s Day Corsages made by Pati

2/18

Pet Therapy with Bleu



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. It is 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 experiences in life exercise is not a “one size fits all,” so don’t be afraid to slow down and pick a pace that suits you best. A good exercise program is a safe exercise program. A program designed with your needs in mind is the safest one of all.

TRANSPORTATION INFORMATION

We love to get out and about at Waltonwood Main! You are always welcome to join your family members on outings! The more the merrier! Please let our Life Enrichment Team know you are coming, so we can adjust seating accordingly. The colder weather has arrived, but we still enjoy outings during the Fall and Winter Seasons. Please mke sure your loved one has hats, gloves, scarves and warm jackets.

February Outings:

- 3/2 1:30PM Pet Visits at Petco
- 3/5 1:30PM Telly’s Greenhouse Outing
- 3/9 2:00PM Shamrock Shakes at McDonald’s
- 3/16 10:00AM St. Patrick’s Craft at Neighborhood Child Center
- 3/19 11:30AM Lunch at Culver’s
- 3/23 1:30PM Scenic Drive to Romeo
- 3/30 1:30PM Shopping at Romeo Salvation Army

MARCH SPECIAL EVENTS

3/3

Middle Stage Alzheimer’s Education with the Alzheimer’s Association
3PM – Conference Room

3/16

St. Paddy’s Craft at the Neighborhood Child Center
10AM Depature

3/30

Tigers Opening Day Lunch
12PM Dining Room

3/31

Taste of Waltonwood



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