



Happy Birthday!

Eleanor 7/13

SAFETY FIRST

Face coverings are required in our community. Please see the Executive Director if you need a mask.

Protect yourself and others from infection



FRIENDS & FAMILY REFERRAL PROGRAM!

FACETIME & SKYPE WITH YOUR LOVED ONES

Missing your loved one’s smile??? We are happy to connect you with your loved one over FaceTime or Skype! Please contact Kathleen by email at Kathleen.Sable@singhmail.com or phone at 248-601-7600 to schedule an appointment!



LEMON SHORTBREAD TART

Filling:

- 3 large eggs
- 1 ¼ cup sugar
- ¼ cup lemon juice
- 1 T grated orange zest
- ¼ cup melted butter
- 10 thin lemon slices for garnish

Crust:

- 1 cup flour
- 1/3 cup confectioners’ sugar
- ½ cup ground almonds
- 1 t grated lemon zest
- 1 t grated orange zest
- ½ cup cold butter, cubed

Instructions:

Preheat oven to 350°. For filling: Whisk together eggs, sugar, lemon juice and orange zest. Whisk in melted butter until smooth. Set aside. For crust: Pulse ingredients in a food processor until mixture forms a ball. Press dough onto the bottom and up the sides of an ungreased 9” fluted tart pan with removeable bottom. Pour lemon mixture into crust. Bake until center is almost set. 25-30 minutes. Cool on a wire rack. Garnish with lemon slices.

Waltonwood Bakery

\$3,500 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 MC CONNECT

JULY 2020



Happy Fourth of July!

Not only does July 4<sup>th</sup> celebrate our Independence Day, but did you know there are quite a few other Holidays to celebrate this month? Some other notable days include:

- Canada day on the 1<sup>st</sup>
- Bastille day on the 14<sup>th</sup>
- Fist bump day on the 16<sup>th</sup>
- International self-care day on the 24<sup>th</sup>

So, whether you are celebrating Independence Day for the United States or Canada, fist bumping with your grandchildren, or getting a well-deserved massage, we hope you enjoy the hot Summer days of 2020. We are happy to serve you at Waltonwood Main, and thank you for choosing us as your home.



1401 North Rochester Rd., Rochester Hills, MI 48307  
[www.waltonwood.com](http://www.waltonwood.com) | 248-601-7600  
Facebook: /WaltonwoodMain

COMMUNITY MANAGEMENT

- Lance Helton  
Executive Director
- Natoria Wheeler, CDP  
AL Wellness Coordinator
- Alexis Schram, CDP  
MC Wellness Coordinator
- Lora Baltosiewich  
Business Office Manager
- Sean McNally  
Culinary Services Manager
- Liz McMurtrie, CTRS, CDP  
AL Life Enrichment Manager
- Kathleen Colonello, CDP  
MC Life Enrichment Manager
- David Mantels  
Maintenance Supervisor
- Celeste Roth  
Marketing Manager
- April Myers  
Marketing Manager



URSULA COVE

Ursula was born on May 4, 1964 in Gelnhausen, Germany. She has 1 older brother and sister. Ursula grew up in a little town called Lutzhausen, which is about 40 minutes East of Frankfurt. After High School, Ursula received her diploma to be a Medical Assistant in Frankfurt. She enjoys gymnastics and Jazz dancing! Ursula also attended ballet school for 2 years. She married her husband Steve in 1984 in Germany. They met during his active duty in the military. They have two sons, Christopher and Simon.

Ursula loves working with people and for people. Her goal is to make her residents feel comfortable and to be able to put a smile on their faces. She loves working at Waltonwood because she feels like it is a very family-oriented facility.

If Ursula could travel anywhere, she would love to visit Scandinavia. Thanks for all you do, Ursula!



JUNE HIGHLIGHTS

6/1

Joy is back!

6/9

Making mini fairy gardens



6/10

Safari Day

6/16

Happy Birthday Joyce!



You Can!

Henry Ford once said, “Whether you think you can, or you think you can’t...you’re right.” Often the ultimate success of an exercise program starts with the words we tell ourselves. Far too often we don’t give ourselves the credit we deserve for the strengths we have. Far too often we focus on what we can’t do instead of embracing what we can. At a time when motivation can be hard to find and positive thoughts are replaced by uncertainties give yourself the credit you deserve. The words we tell ourselves are the foundation our potential so let those words be kind, confident and powerful!

Chris Grabowski, MS | Senior Forever Fit Manager

TRANSPORTATION INFORMATION



Outings have been temporarily suspended. For the most current Life Enrichment calendar please visit [www.waltonwood.com](http://www.waltonwood.com).

JULY SPECIAL DAYS

7/1

Red, White & Blue

7/8

Bubbles & Champagne

7/15

Watermelon Day

7/22

Made in MI Day

7/29

Christmas in July



EXECUTIVE DIRECTOR CORNER

DID YOU KNOW.....? The Dog Days of Summer is between July 3 to August 11.

Wow, it's sure hot and muggy. That's because we're in the Dog Days of Summer, the hottest, muggiest days of the year. As the song goes "roll out those lazy, hazy, crazy days of summer". If you are feeling the effects of hot, muggy, sultry, "weather that you can wear", you can be certain that you are in the Dog Days of Summer. It is also a period of drought and occasional strong thunderstorms.

By definition, the Dog Days Summer are the hottest and steamiest part of summer. Typically, this is the period when Sirius, the Dog Star, rises at the same time as the Sun, from July 3 -August 11. When the Dog Days of Summer arrive, it's time to do those memorable summer time activities, that help us to keep our cool. They include: Take a dip in the pool, go to the beach, take the kids to a water park, watch the sultry days go by in a cozy hammock, laze under a shady tree, and quaff your thirst with a frozen summer drink.

Whatever your favorite pastime for the Dog Days of Summer, we do not believe it should be spent indoors all day long, in air conditioned comfort. Rather, get out and enjoy the hot weather while it is here.

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– Lance Helton | Executive Director