



FACETIME & SKYPE YOUR LOVED ONE!

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



JULY BIRTHDAYS

- Del E. 7/5
- Alice S. 7/6
- Leon H. 7/27
- Robert Q. 7/29

CHEF'S SIGNATURE RECIPE

Fruit & Oat Muesli

- ¾ Cups quick-cooking oats
- ¼ Cup reduced-fat (2%) milk
- ¼ Cup plain low-fat yogurt
- ½ teaspoon vanilla extract
- ¼ Cup fresh orange juice
- 2 Tablespoons cup honey
- ¾ Cups grated peeled red-skinned apples (about 2 medium)
- ½ Cup chopped raw almonds
- 1 ½ Cups chopped fresh fruit (such as apples, pears, and peeled oranges)

Preparation

Mix first 4 ingredients in large bowl. Let stand 5 minutes to soften oats. Whisk orange juice and honey in medium bowl. Stir in grated apples and almonds, then 3 cups chopped fruit. Stir fruit mixture into oat mixture. *Can be made up to 8 hours ahead.* Cover; chill.

-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

JULY 2020



1401 North Rochester Rd., Rochester Hills, MI 48307
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Facebook: /WaltonwoodMain



HAPPY INDEPENDENCE DAY!

Not only does July 4th 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 1st
- Bastille Day on the 14th
- Fist Bump Day on the 16th
- International Self-Care Day on the 24th

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.

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
- Greg Ginter
Environmental Services Manager
- Celeste Roth
Marketing Manager
- April Myers
Marketing Manager
- Natoria Wheeler
Wellness Coordinator
- Alexis Schram
Wellness Coordinator

ASSOCIATE SPOTLIGHT

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 Lutzelhausen 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

03

Del enjoy a delicious Sanders Hot Fudge Sundae delivered right to her door to celebrate Ice Cream Sundae day!

10

Karen poses as a giraffe at the Safari Selfie Station! Can you tell it's her?



17

We are still enjoying walks and admiring our beautiful grounds on these gorgeous summer days!

21

Our resident fathers enjoyed a beer and snack cart delivered to their door along with a summer hat and some other goodies!



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

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!

There will be no transportation during the month of July.

IN TOUCH SCREENS

Have you checked out the InTouchLink Screens located in the community??? One is by the front desk on the 2nd floor and one is near the elevator on the 1st floor by the Dining Room. These provide you with the most up to date information, fun games and pictures of our most recent events. They also display helpful information like the weather, time and date. You may now view this channel in your apartment on Channel 952. Please let us know if you need assistance getting the channel on your TV.

Thank you for practicing social distancing



SAFETY FIRST



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



EXECUTIVE DIRECTOR CORNER

DID YOU KNOW.....?

The Dog Days of Summer are between July 3rd—August 11th. Wow, it's sure hot and muggy! 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. Typically, this is the period when Sirius, the Dog Star, rises at the same time as the Sun. 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. After all, the days are already growing shorter, and you know what that ultimately leads to.....

Lance Helton | Executive Director