



September  
Birthdays

9/3 Les M  
9/14 Alec B  
9/19 Bonna S

Celebration Time

Wednesday,  
September 2nd

Delivered to You

Starting at  
2:00pm

CHEF’S COOKING DEMONSTRATIONS

- 9-3 Deviled Eggs
- 9-10 Pierogies
- 9-17 Monte Cristo (National Monte Cristo Day)
- 8-24 Apple Turnover

CHEF'S SIGNATURE RECIPE - Apple Turnover

Apple Turnover Ingredients

- 1 lb puff pastry (2 sheets) thawed according to package instruction
- 1 1/4 lb Granny Smith apples (3 medium) peeled, cored and diced into 1/3" thick pieces
- 1 Tbsp unsalted butter
- 1/2 tsp ground cinnamon
- 1 egg+ 1 Tbsp water for egg wash
- For the Glaze
- 1/2 cup powdered sugar
- 1/4 cup brown sugar lightly packed
- 1/8 tsp salt
- 1-2 Tbsp heavy whipping cream

Instructions:

1. Preheat Oven to 400°F. In a medium pot, melt 1 Tbsp butter over medium heat. Add diced apples and cook, stirring occasionally until softened (5 min).
2. Reduce heat to low and stir in 1/4 cup brown sugar, 1/2 tsp cinnamon, and salt. Continue to simmer 3 minutes until apples are soft and caramelized. Remove from heat and set aside to cool.
3. Use a rolling pin to roll the first sheet of thawed pastry to an 11" square. With a pizza cutter, cut into 4 equal-sized squares. Place cooled apple mixture over half of each square, leaving at least a 1/2" border.
4. Thoroughly Beat together 1 egg and 1 Tbsp water. Brush eggwash lightly on edges of the pastry (just enough to seal), bring the edges together and crimp tightly along the edges with a fork to seal.
5. Transfer to a parchment-lined baking sheet, keeping them at least 1" apart. With a paring knife, cut 2-3 small slits in the top of each turnover.\* Brush the tops with egg wash and bake 20-23 minutes or until golden and puffed.
6. While turnovers are still warm, stir together powdered sugar and heavy whipping cream (adding to your desired consistency) and drizzle glaze over turnovers.



\$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!

TWELVE OAKS  
CONNECT



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Facebook: /WaltonwoodTwelveOaks



Thank you to all who supported the **Bottle Drive in July**. It was a huge success. We filled the Cadillac to the brim. It was very well received and appreciated by Drew Clayborn, a quadradriplegic from Walled Lake. Drew uses these donations to offset his medical bills. I also want to give a big shout out to **Tania** for her big heart and for bringing this wonderful cause to our attention so our "Helping Hands" can be a part of the solution!



SAFETY FIRST



Face coverings are required  
in our community.

COMMUNITY  
MANAGEMENT

- Richard Mabe  
Regional Executive Director
- Gina Steigerwald Conway  
Executive Director
- Nicole McDonald  
Business Office Manager
- Nicholas Lalios  
Culinary Services Manager
- Randi Furniss  
Housekeeping Supervisor
- Alyssa "Lee" Tobias  
Independent Living Manager
- Stefanie Roland  
Life Enrichment Manager
- Stephan Skidmore  
Maintenance Supervisor
- Heather Laskos  
Marketing Manager
- Binita Patel  
Resident Care Manager

ASSOCIATE SPOTLIGHT – MONTEL ROSS

Montel Ross is a multi-talented member of our Maintenance Team. He has worked at WTO for 10 months. Prior to working at WTO he received a scholarship to attend Western Michigan University, where he studied Computer Engineering. While at Western he got a job working at a retirement community as a cook. He was very interested in learning and being part of the culinary team and was there for 4.5 years. During his time at Western he started losing his passion for Computer Engineering and realized he needed to go in another direction. He always enjoyed working with the elderly and he decided to come back to the Detroit area and got a job at the Felician Sisters Convent doing maintenance for them. Within a few months, he was promoted to Grounds Supervisor and worked there for 5 years. During his time working for the Felician Sisters Montel realized he really enjoyed maintenance and took many classes and earned certifications in different areas. It was a natural transition for him to come to work for WTO, as he enjoys the residents very much and can utilize his skills.

Montel grew up in Detroit and is very close to his grandmother and lived with her for a while. He has 1 sister and 3 brothers and is the middle child. He was the only one of his siblings to finish high school and go onto college. During his free time, he enjoys working out.. A fun fact about Montel is that he has acrobatic talents like flipping and he can also juggle.

Montel plans on finishing school at some point when he figures out his true passion. One thing is for sure, whatever it is he will be very successful at it!



AUGUST HIGHLIGHTS

7<sup>th</sup>

Well, even though we couldn’t take our residents “out to the ball game” we brought the baseball to them during **Tiger Baseball Theme Day!**

21<sup>st</sup>

Thankfully none of our residents ran off with the circus. But, lots of fun and laughter was had under the **Big Top!**

FOREVER FIT – A Purposeful Plate

Food is a very powerful thing. It can unite friends and family around the table, fuel an active lifestyle and provide the key nutrients essential to feed a growing body. It’s no wonder that the dietary choices we make have a direct impact on our overall health and wellbeing. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improves immune health and can potentially reduce the inflammation associated with arthritis. By limiting the number of packaged, processed foods and maximizing a variety of fruit, vegetables, whole grains, lean proteins and healthy fats you can help ensure your body is getting the necessary nutrient rich fuel it so desperately needs. So the next time you sit down for a meal take a look at your plate because the only thing better than a tasty dish is a powerful plate!

14<sup>th</sup>

Our residents enjoyed the fruits of their labor during our **Farmer’s Market.** The Caprese Salad made with the fresh ingredients from our garden was wonderful!

28<sup>th</sup>

Our residents enjoyed a day filled with reminiscing and the Flash Mod “Let’s Get Physical” impromptu exercises during our **’80’s Theme Day**



TRANSPORTATION INFORMATION

**Transportation is now available Monday through Friday for Doctor’s Appointment**

Reservations are required at least 72 hours in advance and are scheduled based on availability.

Please complete the request form located at the Concierge Desk.  
Mike will confirm your request within 24 hours Monday-Friday

SEPTEMBER THEME DAYS

4<sup>th</sup>

September 4<sup>th</sup> is **National College Color Day** so we will be recognizing this day by showing off our College Colors. I wonder if it which color will be flooding our community? Blue? Green?

13<sup>th</sup>

Our **Grandparents** are Classic! And what better way to celebrate this day than with another group of Classics...a **classic car show parade!**

11<sup>th</sup>

“We will never forget” and on this year we pay tribute to the **First Responders** on this Theme Day.

25<sup>th</sup>

Our residents will learn about the wonders of the ocean during our **Under the Sea Theme Day.** So, grab your goggles and let’s jump right in!

Thank you for practicing social distancing



FROM THE DESK OF THE EXECUTIVE DIRECTOR

As we near the end of the Summer season, we are starting to wonder what life will be like as we get closer to flu season. Preparations for our annual flu clinics are underway, which we anticipate will be scheduled for October. Given the continuation of the COVID-19 pandemic, we plan to include COVID testing as part of our Flu clinics and we strongly encourage all of you to participate! We are all hoping to see some relief from our COVID protocols, but we remain uncertain as to how long our limitations will be in effect. More information will be distributed regarding these clinics in the near future.

Stay safe!  
03

Gina Steigerwald Conway, CALD, CDP – Executive Director