



Shirley A-  
9/16!

We will celebrate  
Shirley and the  
month of September  
on Thursday 9/10/20  
At 3pm.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S COOKING DEMONSTRATIONS

- 2 Deviled Eggs-2pm
- 9 Pierogies-2pm
- 16 Monte Cristo Sandwich-2pm
- 23 Apple Turnover-2pm

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  
packed 1/2 tsp ground cinnamon  
1 egg+ 1 Tbsp water for egg wash  
For the Glaze  
1/2 cup powdered sugar  
1-2 Tbsp heavy whipping cream
- 1/4 cup brown sugar lightly  
1/8 tsp salt
- 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.

\$3500 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

SEPTEMBER 2020

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WALTONWOOD

TWELVE OAKS

Redefining Retirement Living

SINGLE

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Facebook: /Waltonwood Twelve Oaks

SAFETY FIRST

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

WALTONWOOD  
Redefining Retirement Living



"Autumn is a seasonal spring when every leaf is a flower." Albert Camus

As the warm, beautiful days of summer lead into the cooler, but lovely days of fall we will continue to enjoy our wonderful patio. The tomatoes are growing and the residents are eating them as fast as we pick them. They are so sweet and delicious. We used them and the basil that we have been growing to make cabrese salad, and everyone loved it! There is nothing like a fresh garden tomato was something that I have heard often from them. We plan on making fried green tomatoes this month as well.

I hired a new assistant, her name is Karen and she has already been helping me and getting to know your family members. Her official start date is 9/7. She brings creativity, compassion and a lot of fun to our community.

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As always please feel free to contact me with any concerns or updates on how everyone is doing and I will keep sending you pictures of all the wonderful things that we are doing.



## 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. Prior to COVID he went to the gym, but now he works out at home and enjoys running. He also enjoys watching tv and being a couch potato. 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

**03 Cabrese Salad**  
**from our Garden.** We are so proud of the tasty tomatoes and basil that we have been growing in our garden. For What's Cooking we made cabrese salad using the tomatoes and basil.

**21 Under the Big Top.** Step right up for all the silly fun as we spent the day under the Big Top! There were games, balloons, animals, circus peanuts, Cracker Jacks and lots of laughs!

**14 Farmers Market Day.** We can't go to the Farmer's Market, so we brought it to us! Lots of veggies and fruit to eat, games and adult coloring, and we talked about healthy eating.

**28 80's Bash.** It was a rad day as the LE team dressed up in 80's style and taught the residents a little dance. We played 80's music and talked about cassette tapes, and all that was the rage in the 80's.



## FOREVER FIT - Focus on Health 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!

## TRANSPORTATION INFORMATION

Just because our bus outings have been cancelled doesn't mean that we are not able to travel! We live in the wonderful age of technology that allows us to virtually visit some wonderful destinations. We will have multiple opportunities to participate in these virtual "LIVE OUTINGS" to help encourage social distancing.

September 4: LIVE-2019 MSU vs Michigan Football at 2pm

September 11: LIVE- A Day in the Life of a First Responder at 2pm

September 18: LIVE Kitten Rescue Sanctuary at 2pm

September 25: LIVE Vancouver Aquarium at 2pm

FaceTime has been a great way for many of our residents to stay in touch with their family during this time of social distancing! Please contact Alecia if you would like to schedule a call. We also have window visits that can be set up through the concierge.

Thank you for practicing social distancing

Protect yourself and others from infection



## SEPTEMBER SPECIAL EVENTS-Assisted Living Week 9/14-9/18

**04 College Colors Day.** Eventhough there is no college football this fall, we are keeping the spirit going and asking everyone to wear their favorite college colors. We will also discuss the great debate, MSU vs Uof M

**13 Grandparents Day Classic Car Cruise.** We are so excited to celebrate our grandparents today and enjoy sitting outside and watching a wonderful classic car cruise go by us. Our amazing pastry chef's will be making classic car cookies.

**11 First Responders Day.** Today we will celebrate all the brave men and women that keep us safe. We will watch a documentary on the day in the life of a first responder.

**25 Under the Sea.** We will enjoy a virtual trip to the Vancouver aquarium, make a craft using sea shells, and discuss any adventures that we have had dealing with the sea. Of course ther will be delicious treats to eat.



## 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.

Gina Steigerwald ,CALD,CDP | Executive Director