



## Celebrating Birthday's in September

9/1 Chuck T  
9/2 Irving G  
9/2 Alice M  
9/4 Norm J  
9/7 Rita A  
9/9 Phyllis A  
9/9 Bud K  
9/23 Margaret R  
9/24 Tess B  
9/27 Joan H  
9/27 Joe G

Sptember 7th  
Birthday Celebration  
Wishing you a very

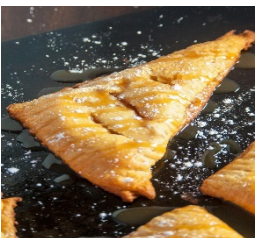
Happy Birthday!

## CHEF'S SIGNATURE RECIPE

### 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

1/4 cup brown sugar lightly packed  
1/8 tsp salt



For the Glaze  
1/2 cup powdered sugar    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 egg wash 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.



FRIENDS & FAMILY REFERRAL PROGRAM!

**\$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

SEPTEMBER 2020



### Happy 100th Birthday Irving!

What people admire about Irving?

- His kind heart
- He is also postive

Irving's favorite things:

- Glass making
- Inventing
- Being physically fit
- Sunrises
- Paintings
- Gardening

What is important to Irving?

- Family



27475 Huron Circle, Novi, MI 48377  
[www.waltonwood.com](http://www.waltonwood.com) | 248-735-1500  
Facebook: /WaltonwoodTwelveOaks

## COMMUNITY MANAGEMENT

Executive Director  
Gina Steigerwald Conway

Nicole McDonald  
Business Office Manager

Nicholas Lalios  
Culinary Services Manager

Alyssa Tobias  
Independent Living Manager

Monique Furniss  
Life Enrichment Manager

Stephan Skidmore  
Environmental Services  
Manager

Heather Lasko  
Marketing Manager

Betsy Weakland  
Marketing Manager

Binita Patel  
Resident Care Manager

Paula Wilson  
Wellness Coordinator



**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!



## Important Things to Remember!

Please keep in mind that all scheduled activities are subject to change depending on the current situation. Things may be added or removed. Please look for updates on the screen and on your ledges for any changes.

Skype and FaceTime are great ways to stay in touch with family during this time of social distancing! They are programs that you can use to talk to loved ones ‘face to face’ via a phone or tablet. If you need help accessing those things or need help setting them up on your own devices, please contact Monique for assistance. For those who do not have the proper technology to utilize these programs, Waltonwood has an iPad that you can borrow! Again, please contact Monique if you have an interest!



**Transportation is now available for doctor’s appointment only.**

Reservations are required at least 24 hours in advance and are scheduled based on availability. Please schedule your appointment with some flexibility as Mike **may be up to 15 minutes early or late** depending on traffic and other passengers.

## AUGUST HIGHLIGHTS

**07** Tiger Themed Day **14** Farmers Market

“In baseball as in life, all things important happen at home”  
“What makes the farmers market such a special place is that you’re actually creating community around food”



**21** Circus **28** 80’s Themed Day

“Life is a circus ring, with some moments more spectacular than others”  
“80’s music makes me feel all solid gold. It makes me want to have my jam box on my shoulder while I roll down the street in my roller-skates



## SEPTEMBER SPECIAL EVENTS

**4** College Themed Day **11** First Responder Day

“Develop a passion for learning. If you do, you will never cease to grow”  
Today we remember the lives of those who died and the first responders who put their lives on the line. We thank you for your service and sacrifice.

**13** Grandparents Day **25** Under the Sea Themed Day

“Something magical happens when parents turn into grandparents”  
“Life beings at the end of your comfort zone or under the sea”

Thank you for practicing social distancing



## FOREVER FIT/WELLNESS

### 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!

### EXECUTIVE DIRECTOR CORNER

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!