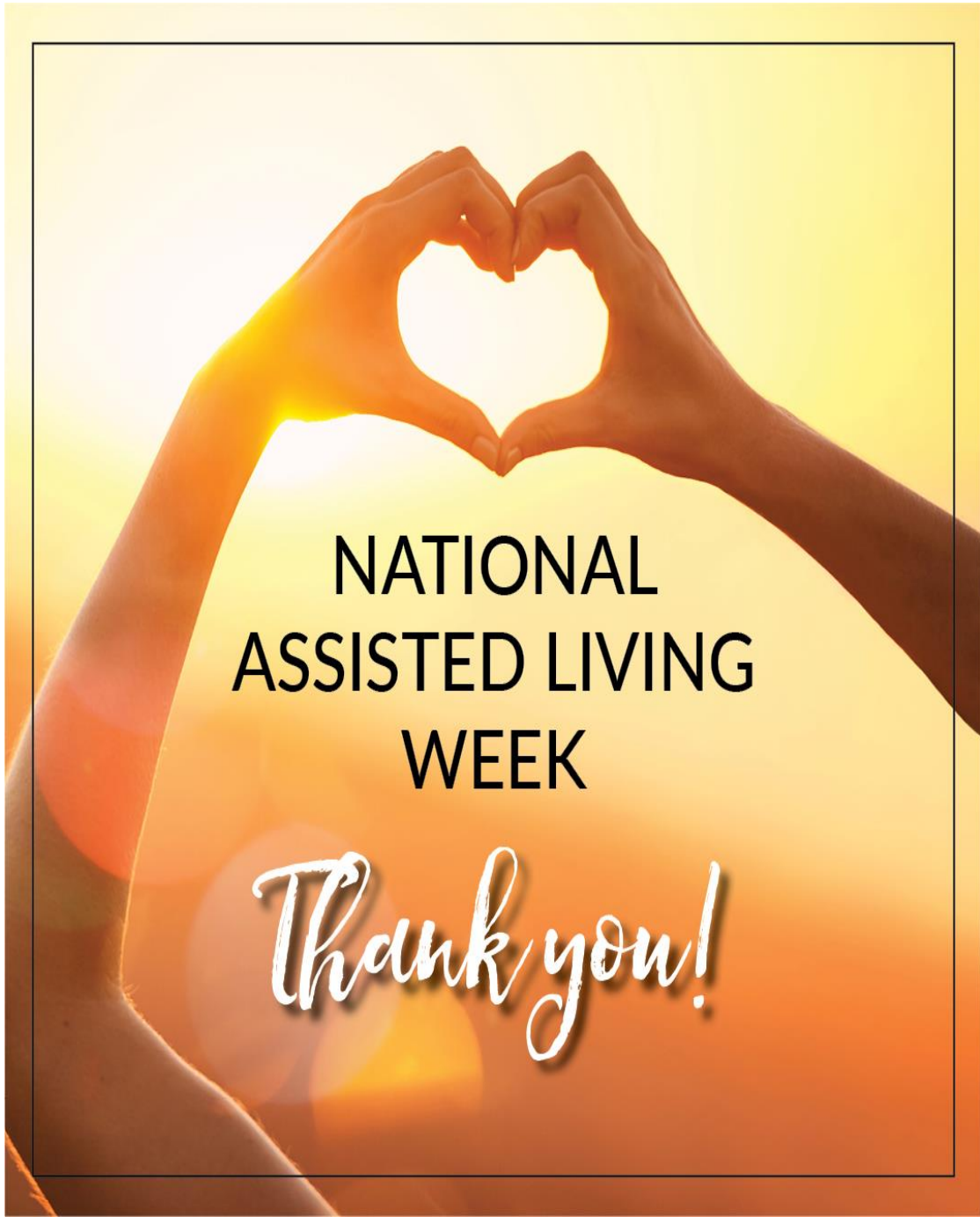




**SEPTEMBER BIRTHDAY'S**

Residents:  
4 JUDY

Associates:  
1 Bridgette  
8 Takara  
9 Stephanie  
9 Makayla  
16 Summer  
27 Nicole



**LAKESIDE CONNECT**  
**SEPTEMBER 2020**



14560 Lakeside Circle 48313  
[www.waltonwood.com](http://www.waltonwood.com) | 586-532-7601  
Facebook: /WaltonwoodLakeside



**SEPTEMBER 2020**

National Assisted Living Week Runs from September 13 through September 19. The theme for the week is Caring is Essential. We would like to recognize all of our employee's to; "Not All Heroes Wear Capes." We think you are Super Heroes!

We have a fun week planned for our staff and residents alike to enjoy. Words alone do not give justice to how truly wonderful you are on a daily basis. We hope you enjoy the festivities to celebrate you!

**COMMUNITY MANAGEMENT**

- Jenel Stoinski  
Executive Director
- Tonya Wilson  
Life Enrichment Manager  
MC
- Charnette Tate  
Wellness Coordinator
- Stacey Lamphier  
Resident Care Manager

Paul Gilleran  
Culinary Services Manager

Meghan Kahm  
Business Office Manager

Mauricio Martinez  
Maintenance Manager

Brenda Mirowski  
Housekeeping Supervisor

Laureen Vollmer &  
Rae Matey  
Marketing Managers



**\$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!

**FRIENDS & FAMILY REFERRAL PROGRAM!**

## HEROES WORK HERE;

Cheyenne Kay has worked here at Lakeside since 2016. Cheyenne works on the Resident Care Team both as a Caregiver and Med-Tech. Cheyenne is wonderful in both roles. She routinely goes above and beyond in her role. Cheyenne is a team player and is always around to assist the residents. She is such a joy to have on our team she always strives to make sure the residents are well taken care of. Waltonwood Lakeside is honored to have Cheyenne as a part of our family.



**WALTONWOOD GRILL**

*From our backyard to yours...*

### HONEY and MASCARPONE GRILLED PEACHES

**Ingredients**

- 6 peaches, halved, and pits removed
- Canola oil
- 1/2 C almond slices (for garnish)
- 8 oz mascarpone cheese
- 1 T maple syrup
- 1 T honey
- 1 t vanilla extract

**Instructions**

In a small bowl, mix mascarpone, maple syrup, honey, and vanilla extract until combined. Set aside. Heat grill to medium high heat or 400°. Brush peaches with canola oil. Place flesh side of peaches on grill. Grill 2-3 minutes on flesh side. Remove from grill. Serve peaches with 1 T of the mascarpone mixture and 1 T of almond slices.

**WALTONWOOD**  
*Redefining Retirement Living*

## 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!

**“A TRUE HERO ISN'T MEASURED BY THE SIZE OF HIS STRENGTH BUT THE STRENGTH OF HIS HEART.”**

**HERCULES**