



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!



CHEF'S SIGNATURE RECIPE

Pumpkin Cookies

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 1/2 cups granulated sugar
- 1/2 cup butter (1 stick), softened
- 1 cup pumpkin pack
- 1 large egg
- 2 teaspoons vanilla extract, divided
- 2 cups powdered sugar, sifted
- 3 tablespoons milk
- 1 tablespoon butter, softened

For cookies:

Preheat oven to 350 F. Combine flour, baking soda, baking powder, cinnamon, nutmeg and salt in medium bowl. Beat sugar and 1/2 cup (1 stick) butter in large mixer bowl until well blended. Beat in pumpkin, egg and 1 teaspoon vanilla extract until smooth. Gradually beat in flour mixture. Drop by rounded tablespoon onto prepared baking sheets.

Bake for 15 to 18 minutes or until edges are firm. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

For glaze:

Combine sifted powdered sugar, milk, remaining 1 tablespoon melted butter and remaining 1 teaspoon vanilla extract in small bowl until smooth.

Drizzle glaze over cooled cookies.

Sean McNally | Culinary Services Manager

OCTOBER BIRTHDAYS

Sandra S. 10/3

Jim P. 10/6

Richard T. 10/14

Bill L. 10/28



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

OCTOBER 2020



1401 North Rochester Rd., Rochester Hills, MI 48307
www.waltonwood.com | 248-601-7600
Facebook: /WaltonwoodMain



AUTUMN IS HERE!

The fall season has arrived and with that comes many colder weather activities! Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. Even during the pandemic, there are many local safe activities you can still enjoy. Some of these include:

- Walk the Paint Creek Trail
- Enjoy donuts & cider at Yates Cider Mill
- Take a scenic drive through Tillson St. in Romeo
- Cuddle next to a fire and watch old movies

These months are a great time to walk outdoors and enjoy cooler temperatures. As always, we thank you for choosing Waltonwood Main as your home.

COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

Liz McMurtrie, CTRS, CDP
AL Life Enrichment Manager

Kathleen Colonello, CDP
MC Life Enrichment Manager

Greg Ginter
Environmental Services
Manager

April Myers
Marketing Manager

Natoria Wheeler
Wellness Coordinator

Alexis Schram
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Nizar Ahmed

Nizar was born in Damascus, Syria on December 23, 1954. He is the middle child of 5 sisters and 3 brothers. His Mother was a tailor, and his Father was retired from the army. Both have since passed away. Nizar studied civil engineering at Damascus University. He was a journal photographer, math teacher and spent over 25 years as a civil engineer and contractor. He met his wife in college, and they were married in 1992 in Damascus. They have 1 daughter (28) and 2 sons (17 and 27).

Nizar enjoys swimming, basketball, table tennis and reading and writing in his free time. His favorite movie is *The Gold Rush*, his favorite song is “My Boy” by Elvis Presley, and his favorite book is *Call of the Wild* by Jack London. His favorite ice cream flavor is pistachio.

Nizar appreciates Waltonwood for its family atmosphere, connections and team spirit. He also enjoys working with his bosses. He did not expect to like living in the United States, but now he is happy he is here. Nizar is proud that has achieved most things he had planned in his life. If he could travel anywhere, he would love to go to Spain or Italy. Thank you for all you do at Waltonwood Main!



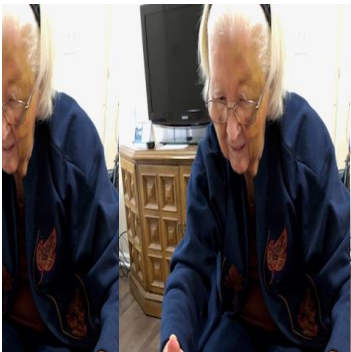
SEPTEMBER HIGHLIGHTS

05

Helen enjoyed making her own personal fairy garden.

09

We celebrated “Back to School” and wish all of our grandchildren and great grandchildren a wonderful school year!



16

Making tie dye cotton face masks for National Assisted Living Week was a big hit with associates and residents!

17

Resident, Mel, and Awaz, one of our cooks, enjoyed roasting marshmallows for s'mores!



THE BENEFITS OF STRETCHING

Although strength training and cardiovascular activity are incredibly important at any age, it may be stretching & flexibility exercises that are the most important for our senior residents. As we age muscles lose their elasticity becoming more rigid and less flexible. This age-related decline can cause pain, stiffness and decreased range of motion in many of the body’s most used joints. Regular stretching can help improve movement and posture, alleviate muscle tension and soreness, reduce the risk of injury and help to maintain overall independence. Below are just a few helpful tips to get you stretching for success.

- Warm up. Weather it’s with a warm shower or a 5 minute walk be sure to fully loosen your muscles. Stretching a cold muscle can actually cause more harm than good.
- Start slowly. Even a few simple stretches before you get out of bed can help the way you move the rest of the day.
- Stretch the muscle to the point of tension not pain. If the movement becomes painful simply ease into a more comfortable position.
- Do not bounce, rather hold each stretch for 15-30 seconds and repeat 2-4 more times. This will help to limit injury while still increasing flexibility.
- Breathe! Try not to hold your breathing during the stretch and maintain normal comfortable breathing.

Chris Grabowski, MS | Senior Forever Fit Manager

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 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

National Make A Difference Day, created in 1992, brings community service to a whole new level each year. Organizations join forces on the fourth Saturday in October to make a difference, big or small. Millions of people have united in the common mission to improve the lives of others. For more than 20 years, USA Weekend and Points of Light sponsored National Make a Difference Day. It became the largest national day of community service. However, the two organizations no longer promote the community service weekend. Despite that, the event carries on, thanks to many with like-minded beliefs in their communities. All across the country, organizations pick up the tools required to help others during this weekend. Sometimes, they pick another weekend in October. However, they do it, and make a difference in the lives of others and their communities. The expression of love for each other through support and good ol’ elbow grease is sometimes all we need to make a difference.

Lance Helton | Executive Director