



Happy Birthday!

SAFETY FIRST

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

Protect yourself and others from infection



FRIENDS & FAMILY REFERRAL PROGRAM!

FACETIME & SKYPE WITH YOUR LOVED ONES

Missing your loved one's smile??? We are happy to connect you with your loved one over FaceTime or Skype! Please contact Kathleen by email at Kathleen.Sable@singhmail.com. To schedule a window visit, please call the reception desk at 248-601-7600 to make an appointment.



CHUNKY PUMPKIN CHILI

Ingredients:

- 1 cup diced yellow onion
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 2 tablespoons minced garlic
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cinnamon
- 3 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 cups vegetable broth
- 3 (14-ounce) cans petite diced tomatoes, not drained
- 2 (15-ounce) cans pinto beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can pumpkin puree
- 1 large sweet potato, peeled and diced
- Sour cream and chopped fresh cilantro for garnish

Directions:

1. Place all ingredients (minus sour cream and cilantro) into the bowl of a large slow cooker.
2. Cook on low for 8 hours. Garnish with sour cream and cilantro when serving.

Makes 10-12 servings

\$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!

MAIN MC CONNECT

OCTOBER 2020



HELLO, OCTOBER!

The Fall season is officially here, 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:

- Walking the Paint Creek Trail
- Enjoying donuts & cider at Yates
- 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.



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COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Natoria Wheeler, CDP
AL Wellness Coordinator

Alexis Schram, CDP
MC Wellness Coordinator

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

Kathleen Colonello, CDP
MC Life Enrichment Manager

Liz McMurtrie, CTRS, CDP
AL Life Enrichment Manager

Greg Ginter
Maintenance Supervisor

April Myers
Marketing Manager

NIZAR AHMED

Nizar was born in Damascus, Syrica 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, favorite song is My Boy by Elvis Presley, book is Call of the Wild by Jack London, and ice cream is pistachio.

Nizar appreciates Waltonwood for its family atmosphere, connections and team spirit. He also enjoys working with his bosses. He did not expect liking living in the United States, but he is happy he is here now. Nizar is proud that was 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

9/1

Ceramic Apple Painting

9/2

Wine Cork Apple Craft



9/14

Making Apple Hand Sanitizer for Staff

9/18

Making Apple Scented Lip Balm



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.

Chris Grabowski, MS | Senior Forever Fit Manager

TRANSPORTATION INFORMATION



We now offer short, two person, Rochester scenic drives on most Monday's and Thursday's from 1-3PM. The bus will be sanitized before and after each ride. Masks must be worn for the duration of the ride.

Programs subject to change.

OCTOBER THEME DAYS

10/7

Vegas Vacation

10/14

Pumpkin Patch

10/21

United Nations Celebration

10/28

Halloween Party



EXECUTIVE DIRECTOR CORNER

Make a Difference Day was created in 1992 by USA WEEKEND magazine and joined by Points of Light. Together they sponsored the largest national day of community service for more than twenty years. While the organizations no longer support Make a Difference Day, the observance still impacts communities around the country.

Organizations join forces on the fourth Saturday in October to make a difference, big or small. National Make A Difference Day brings community service to a whole new level each year. 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, they do so making 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.

03 – Lance Helton | Executive Director