



November Birthday

11-23 Maurice D

Wishing you a
wonderful birthday
filled with
Love & Laughter!!
XOXO

SAFETY FIRST



Face coverings are required
in our community.

Please see the Executive Director
if you need a mask.



CHEF'S SIGNATURE RECIPE - Grandma's Thanksgiving Stuffing

Grandma's Thanksgiving Stuffing Recipe

Prep Time 1 hour 20 min **Cook Time** 1 hour **Total Time** 2 hours 20 minutes

Servings 15 people

Author The Carefree Kitchen

Ingredients

- 16 cups Dry Bread Cubes homemade* or store-bought
- 1 cup Butter
- 2 cups Onion 1/2" dice
- 2 cups Celery 1/2" dice
- 3 tsp Poultry Seasoning
- 1/2 tsp Thyme fresh chopped or dried
- 1/2 tsp Sage fresh chopped or dried
- 1 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1 1/2-3 cups Chicken Broth can substitute vegetable
- 1 tablespoon Parsley fresh chopped for garnish

Instructions

- Preheat oven to 350 degrees.
- In a large pot over medium heat, add the butter and let it melt. Next, add the onion and celery and cook, stirring frequently, until your celery and onions are tender and translucent - about 8 minutes.
- Add the poultry seasoning, thyme, sage, salt and 1 1/2" cups of the chicken broth.
- Put the dry cubed bread into a large bowl and pour the chicken broth and celery mixture over the top of the bread. Gently fold the ingredients together - the stuffing should be moist but there should be no standing liquid. If it seems a little dry, add up to 1/2 cup of the additional chicken broth.
- Spray a 9" x 13" baking dish with non-stick cooking spray, then spread the stuffing evenly into the prepared dish.
- Bake in the preheated oven for 45-60 minutes, stirring gently every 15-20 minutes. The top should be lightly golden brown.
- Remove from the oven and top with chopped fresh parsley before serving. Enjoy!

\$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



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Facebook: /WaltonwoodTwelveOaks



**On this special day, we remember and honor the brave
men and women who have sacrificed so much, so that we
can live free.
Happy Veteran's Day!**

Even in the midst of this crazy Pandemic Election Year, there are so many things that we can still be thankful for and there is no better time to embrace this concept than in November, **National Gratitude Month!** We will be launching a "Gratitude" Campaign that will last the month of November (at least). Stop on by the the Gratitude Wall and post what you are thankful for and let's fill this community with a positive and appreciative spirit that will resonate outside our walls.



COMMUNITY MANAGEMENT

Richard Mabe
Regional Executive Director

Gina Steigerwald Conway
Executive Director

Deanna Hite
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Randi Furniss
Housekeeping Supervisor

Alyssa "Lee" Tobias
Independent Living
Manager

Stefanie Roland
Life Enrichment Manager

Stephan Skidmore
Maintenance Supervisor

Heather Laskos
Marketing Manager

Betsy Weakland
Marketing Manager

Binita Patel
Resident Care Manager

ASSOCIATE SPOTLIGHT –Karen Hasselberger
Karen is the newest member of our Life Enrichment Team. She is officially the LEA in Memory Care but you may recognize her as she has worked at WTO for 3 years as the smiling, friendly face at the IL Concierge. She will continue to bless our community in both roles. Karen grew up in Mattawan, MI. After she graduated from high school she moved to Decatur, MI and then to Kalamazoo, where she met her husband Rich. They now live in Southfield. Karen and Rich have a dog named Buck, a cat named Jack and a kitten that they named Buddy. Karen loves to garden, camp, sing and work on crafts. Karen has had many different kinds of jobs but her heart is a farm girl. She has picked grapes, strawberries, sorted trees, and been a corn detassler! The corn detassler cuts the tops off of the corn stalks to help promote the germination of the male and female corn plants. This is very important, otherwise there would be only field corn, and not the delicious corn we all enjoy eating in the summer. We look forward to having Karen share her talents and passions with us for many years to come.



OCTOBER HIGHLIGHTS

2nd
Oktoberfest is always a good time – residents enjoyed the pretzels, beer and polka sing-a-long

5-9th
Our resident came out in great numbers to participate in our **Active Aging Week**. Keep up the great work!

23rd
“Everything Pumpkin” was a fun day filled with crafts, education and of course yummy food sampling!

30th
Halloween is another favorite holiday in October. Our residents enjoyed the puzzles and crafts that helped them accessorize their doors and ledges in time for the contest.



FOREVER FIT – How Do You Feel?
How do you feel today? Seems like a simple enough question but if we're not honest with ourselves sometimes our answers can lead us a stray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies way of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

TRANSPORTATION INFORMATION

Transportation is available Tuesday, Wednesday and Thursday for Doctor’s Appointment

Reservations are required at least 72 hours in advance and are scheduled based on availability.

Please complete the request form located at the Concierge Desk. Mike will confirm your request within 24 hours Monday-Friday

We have been given the greenlight to take 2 residents out for a scenic drive on Monday’s. Please see Stefanie to reserve your seat.

NOVEMBER HIGHLIGHTS

All Month

November is **Historic Bridge Awareness Month**. Join in the education talk, art and movies that will be presented with a Bridge Theme. It will be a “A Bridge to Remember”

Tuesdays

Every Tuesday this month will feature a familiar **Game Show** that the residents can participate in or be in the audience cheering on their friends.

11th

“Veteran’s Day” is a very special day in our community. We will have a community recognition ceremony followed by a private luncheon for those who served our country proudly! Thank you for your service!

26th

Happy Thanksgiving! There is so much to be thankful, even in these crazy days of 2020! Enjoy the feast that our culinary team will be preparing for you during the lunch mealtime service.

Thank you for practicing social distancing



FROM THE DESK OF THE EXECUTIVE DIRECTOR

November is Military Family Month in recognition of the commitment and dedication of military families around the world. These families provide a vital foundation at home that offers military members confidence while in the field. This month, we are proud to honor the families and those who served. While we aren't able to have the large celebration that is so very much deserved, we will be doing something small for our veterans here in the community and their loved ones at home. Please join us in celebration of these wonderful people, and be sure to stop by our Veteran's Wall in our Assisted Living neighborhood.

Gina Steigerwald Conway, CALD, CDP – Executive Director