

Happy
November
Birthday

Celebrating
Birthday's in
November

11/5 Esther H
11/29 Helen K
11/29 Margaret D

November 2nd
Birthday Celebration
Wishing you a very

Happy Birthday!

CHEF'S SIGNATURE RECIPE

Grandma's Thanksgiving Stuffing Recipe

Grandma's Thanksgiving Stuffing is a classic stuffing recipe that has withstood the test of time. It's got the perfect balance of chewy and moist, sweet and savory and can be made entirely from scratch, or with some simple shortcuts.

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 Stock (The amount of chicken broth needed will depend on how dense and moist your bread is. You want your stuffing to be moist but no standing broth before it bakes.)
- 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 Immediately. Enjoy!

TWELVE OAKS CONNECT

NOVEMBER 2020



Veteran's Day Celebration & Luncheon

Wednesday November 11, 2020



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 Veterans Day!



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\$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!



Karen Hasselberger is the multitasking, newest member of our Life Enrichment Team. She is officially the LEA in Memory Care and we couldn't be more excited to bring her kindness, creativity and fresh ideas to MC. You will continue to see her smiling, friendly face at the IL Concierge as well, since she will be splitting her time between both departments. Karen has worked at WTO almost 3 years. She has always enjoyed working with the elderly and children.

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. She has a brother and a sister.

Karen has had many different kinds of jobs. She has worked in food service, child care, a greenhouse, but in her heart, she is a farm girl. She has picked grapes, strawberries, sorted trees, and a very interesting and important job as a corn detasseler! What's that you ask? She had to cut 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.

Karen and Rich have a dog named Buck, a cat named Jack and a kitten that they named Buddy. Karen loves to garden and has brought some of her delicious veggies for all of us to enjoy. She also enjoys camping, crafting and singing. We look forward to having Karen share her talents and passions with us for many years to come.

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!



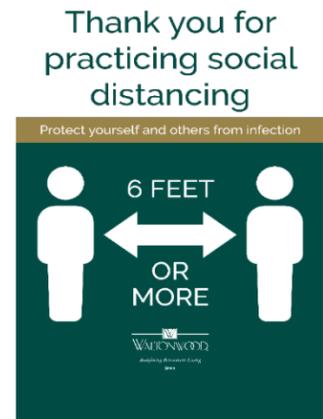
Transportation is now available for doctor's appointment only.

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.

NOVEMBER SPECIAL EVENTS

2 Sundaes on Monday/Birthday Celebration
11 Veteran's Day Celebration & Luncheon
 Happy November Birthday! Happy Veteran;s Day!

13 Themed Day: Green Hat Social
20 Scenic Drive Kensington Park
 "All I need is room enough to lay a hat and a few friends."
 Join Us for a drive through the park!



EXECUTIVE DIRECTOR CORNER

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
03

OCTOBER HIGHLIGHTS

- 2 Octoberfest**
Since when do we need an excuse to drink BEER!
- 16 Breast Cancer Awareness**
Supporting the Fighters
Amiring the Survivors
- 23 Everything Pumpkin Themed Day**
Pumpkin Spice, Makes Everything Nice
- 30 Halloween Bash**
"By the pricking of my thumbs, something wicked this way comes."



FOREVER FIT/WELLNESS

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.