



Happy
Birthday
Lexi
11/4/20.

CHEF'S COOKING DEMONSTRATIONS

3 Chocolate Lava Cake-3pm

9 Pumpkin Cream Cheese Bars-3pm

17 Flaming Cheese Dip-3pm

24 Pumpkin Pudding Cake-3pm

CHEF'S SIGNATURE RECIPE- Grandma's Thanksgiving Stuffing

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 it. 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. Enjoy.



FRIENDS & FAMILY REFERRAL PROGRAM

\$3500 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

NOVEMBER 2020



27475 Huron Circle, Novi, MI 48377
www.waltonwood.com | 248-735-1030
Facebook: /Waltonwood Twelve Oaks



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!

"Don't wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving." Charmaine J. Ford

I can't believe that it's going to be November, This year with all of it's challenges still is moving along and we need to stop and take time to appreciate what is important in all of our lives and the first thing that I think of is Family. In Memory Care, we all look at our residents and their families as an extension of our own family. We are very excited to be adding several new residents to our close knit family,

We will take time to honor our Veteran's that have paved the way for the freedoms that we enjoy everyday. We will celebrate the friendships that we have made with our Green Hat Ladies Tea. Then we will go way back and try to reinact the very first Thanksgiving, and make food and decorations to celebrate. The residents and I are so thankful to have Karen work with us, she is so kind and creative and you can read about her in this month's associate spotlight. Happy, healthy and safe Thanksgiving.

COMMUNITY MANAGEMENT

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Regional Executive Director

Gina Steigerwald
Executive Director

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Alecia Greenberg
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Betsy Weakland
Marketing Manager

Binita Patel
Resident Care Manager

Arthur Crews
Wellness Coordinator

Wellness Coordinator

ASSOCIATE SPOTLIGHT-KAREN HASSELBERGER

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 thing job as a corn detassler! 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.



OCTOBER HIGHLIGHTS

09 Active Aging Week. A wonderful week culminated in certificates and a delicious, healthy smoothy. It was so nice to exercise outside in October.

16 Breast Cancer Awareness. We made these beautiful, cards of encouragement and sent them to patients that are undergoing treatment for breast cancer.



23 Everything Pumpkin Day. Today the residents enjoyed seeing the LEM's dress up like pumpkins, we did some pumpkin crafts and ended with pumpkin cuocakes that they frosted themselves.

28 Pumpkin Patch. Everyone's personalities shined through as we painted pumpkins to go on otheir door ledges in preparation of Halloween.



FOREVER Focus on Health

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 was 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

We are back going on Bus Adventures! We are enjoying the changing seasons and the Life Enrichment Team will get off the bus and get treats to be enjoyed on the bus.

November 2: Parmenter's Cider Mill at 10:45am

November 9: Scenic Drive Through Hines Park at 2pm

November 16: Scenic Drive & Donuts at 10:45am

November 23: Scenic Drive around Walled Lake 2pm

November 30: Scenic Drive & Donuts at 10:45am

FaceTime has been a great way for many of our residents to stay in touch with their family during this time of social distancing! Please contact Alecia if you would like to schedule a call. We also have window visits that can be set up through the concierge.



NOVEMBER SPECIAL EVENTS-HAPPY THANKSGIVING 11/26

05 November Birthday Celebration. Come join us as we celebrate Lexi's November Birthday with ice cream sundaes.

11 Veteran's Day. We will spend the day celebrating the Veteran's that came before us, by having a memorial service, Patriotic Sing-Along, and read Veteran's Day poems and stories.

16 Green Hat Thankful for your Friendship Tea Party. We are getting our Green Hat Ladies back together to enjoy tea and friendship and some goodies.

23 First Thanksgiving Feast. We will be going to make all of our decorations and food to enjoy the first Thanksgiving like the Pilgrim's did.



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 is in celebration of these wonderful people, and be sure to stop by our Veteran's Wall in our Assisted Living neighborhood.

Gina Steigerwald, CALD, CDP|Executive Director