



We have a lot to celebrate in the month of December.

CHEF'S COOKING DEMONSTRATIONS

3 Flaming Cheese Dip-3pm

9 Sundaes-3pm

17 Cookie Decorating-3pm

21 Snowball Cookies-3pm

CHEF'S SIGNATURE RECIPE- **Beef Tenderloin with Roasted Vegetables**

INGREDIENTS

- 1 beef tenderloin roast (3 pounds)
- 3/4 cup dry white wine or beef broth
- 3/4 cup reduced-sodium soy sauce
- 4 teaspoons minced fresh rosemary
- 4 teaspoons Dijon mustard
- 1-1/2 teaspoons ground mustard
- 3 garlic cloves, peeled and sliced
- 1 pound Yukon Gold potatoes, cut into 1-inch wedges
- 1 pound Brussels sprouts, halved
- 1 pound fresh baby carrots

DIRECTIONS

- Place tenderloin in a large shallow dish. Combine the wine, soy sauce, rosemary, Dijon mustard, ground mustard and garlic. Pour half of the marinade over tenderloin and turn to coat. Cover and refrigerate for 4-12 hours, turning several times. Cover and refrigerate remaining marinade.
- Place the potatoes, Brussels sprouts and carrots in a greased 13x9-in. baking dish; add reserved marinade and toss to coat. Cover and bake at 425° for 20 minutes; stir.
- Drain tenderloin, discarding marinade; if desired, tie tenderloin with baker's twine. Place tenderloin over vegetables. Bake, uncovered, for 40-50 minutes or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°).
- Remove beef and let stand for 15 minutes. Check vegetables for doneness. If additional roasting is needed, cover with foil and bake for 10-15 minutes or until tender. Slice beef and serve with vegetables.



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

DECEMBER 2020



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“December, being the last month of the year, cannot help but make us think of what is to come.” Fennel Hudson.

2020 has been quite the year. But through it all we have come together and worked so hard to “go with the flow”, be creative and try to make things as normal for the residents as we possibly could in the midst of a pandemic. Our strength and the resilience of our amazing residents, and all of our associates has made us all stronger.

We will keep very busy in December as we take many opportunities to reminisce about family holidays of the past. We will be doing a lot of baking, building a gingerbread house, doing a community service project and sing all of our favorite holiday songs. We will have a Hanukkah Party along with a Christmas Celebration. Then we will welcome 2021 with a New Year's Eve Party. Take care and have a wonderful holiday season and a healthy, and safe New Year.

COMMUNITY MANAGEMENT

Richard Mabe
Regional Executive Director

Gina Steigerwald
Executive Director

Deanna Hite
Business Office Manager

Culinary Services Manager

Alyssa “Lee” Tobias
Independent Living Manager

Alecia Greenberg
Life Enrichment Manager

Environmental Services Manager

Heather Laskos
Marketing Manager

Betsy Weakland
Marketing Manager

Binita Patel
Resident Care Manager

Arthur Crews
Wellness Coordinator

Wellness Coordinator

December 2020

ASSOCIATE SPOTLIGHT-MARCIA COMBS

Marcia Combs is the newest additions to the AL Life Enrichment Team. She is a familiar face in AL as she previously worked as a CNA and private caregiver for 3 years for an AL resident. It was a very natural transition for her to move over to becoming an LEA, as she often helped in the AL activity room with Bingo, games and other activities and became quite fond of the residents and with her positive energy and engaging personality, they became fond of her as well. She also works as an IL receptionist, and helps the residents of AL with their weekly menu selections, which has been extremely helpful to the community. Marcia is 3 credits away from having her degree in education and worked as a Teaching Assistant for 2 years, so she has a lot of experience multi-tasking.

Marcia grew up in Detroit. She is a very busy, single mom of 4 kids. She has 3 boys and a girl. Joshua is 17, Malachi is 12, Carlito is 9 and Mariah is 5. Marcia doesn't really have a lot of spare time between working and being a busy single mom, but if she does, she enjoys working out. She is thankful for having her mom and they help each other out.

Marcia has a big, loving, charitable heart and for the past 3 years she has started a charity for the homeless of Detroit. This is the second year that Stefanie has teamed up with her to help this worthy cause. In AL there is a giving tree for many of the items that they are in need of. Some of the items they collect are coats, scarves, mittens, hand sanitizer, toiletry kits and she gives them a care package that has a peanut, butter and jelly sandwich and other food items. Marcia also takes the time to hear many of the people's stories as to how they became homeless, it is very important to her that they know that she cares. This wonderful idea came to light when Marcia was in Hart Plaza and went under the bridge there and saw that there was great need. She also is in contact with many churches in the downtown and surrounding areas as well as she goes to other underpasses and hands out the care packages. The need is very real and sadly growing all of the time and we are so grateful for those that have such a charitable heart as Marcia. Please take the time to take a mitten off of the giving tree to help this wonderful cause.



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.

December 7: Scenic Drive around Walled Lake at 2pm

December 17: **Lights at the Farm at 6pm**

December 21: **Hines Park Light Fest at 6pm**

December 28: 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 HIGHLIGHTS

04 Turkeys for door Ledges. This was so much fun and showed each resident's personality as they painted and chose the other decorations for their turkey and they are so cute sitting on their ledges.

10 Exercising Outside in November! How amazing it was to be outside enjoying this beautiful day in November. We had a great exercise session too!

16 Green Hat Thankful Tea. We decorated hats, made invitations and invited all of our Green Hat Ladies to a Thankful for your Friendship Tea. They enjoyed chicken salad, cookies and tea.

23 Thanksgiving Feast. We are so thankful for all of our special friends that we have made here in our community. We had a feast of turkey roll-ups with cranberry sauce, cornbread muffins, and the best home made pumpkin pie that Karen made.



DECEMBER SPECIAL EVENTS-Happy Holidays & a Healthy, Safe New Year

04 Snowman Making for Door Ledges. We are going to make sock snowmen and have them decorate them showing their own unique personality and they will go on their door ledge.

24 Christmas Party. We will reminisce about Christmas' in their past and of course eat, and do some some caroling and open presents.

11 Hanukkah Party. We will be making latkes or potato pancakes, playing spin the dreidel and talk about why Hanukkah is the festival of lights.

31 New Year's Eve. We will reminisce New Year's Eve and talk about our hopes for 2021, as well enjoy appetizers, dessert and sparkling beverages and of course have a special toast!



FOREVER Focus on Health Morning Meditation

This holiday season certainly feels much different than the annual traditions we typically celebrate every December. If you're like many of us, the gatherings and celebrations with friends and family have been replaced with feelings of frustration and confusion. We find ourselves stressed in ways far greater than we've ever experienced before. I'm also here to remind you that that feeling, the one of stress and strain is OK in fact under the current conditions is totally to be expected. How we manage that stress however will directly impact how our bodies and minds feel in the weeks to come. This December try adding a morning meditation to your daily routine. Each morning take some quiet time for yourself to slow the body, calm the mind and allow yourself to connect with how you feel. It could be something as simple as a 5-minute gratitude meditation giving thanks for what you have in your life or something longer like a 10-minute body scan allowing yourself to acknowledge how you physically feel today. No matter the time or type this daily practice of mindfulness is the perfect way to quiet the stress and connect to the world around you.

FROM THE DESK OF THE EXECUTIVE DIRECTOR

On behalf of our entire Waltonwood Twelve Oaks family, we want to wish you all a very happy Holiday season. As we reflect on the events of 2020, we are so appreciative of the incredible efforts made by our residents and staff members to stay safe amidst the always evolving Pandemic. Life at Waltonwood certainly was not the same this year, and for those of you that chose to call Twelve Oaks your home for the first time, we are excited for you to have the opportunity to experience all the benefits the community has to offer. For those that continue to call Twelve Oaks your home, we thank you! Merry and bright days lie ahead, when we can return to enjoying fabulous meals in the dining room, outings with friends and family, and celebrations galore. Until then, we hope you all find many opportunities to make this unusual Holiday season festive and joyous.

Gina Steigerwald, CALD, CDP Executive Director