Celebrating Birthdays in January!

Residents:
January 5th
Mary Fiteny
January 8th
Lori Saber
January 28th
Jim Harris

Staff:
January 11th
Carolina Velasquez
January 12th
Johnella Womack
January 15th
Debra Elcan
January 19th
Sharlotte Subramian
January 27th
Janae Dowell

IN THE KITCHEN

Cherry Pistachio Biscotti

Yield: 3 Dozen Biscotti

Ingredients:
- 6 tablespoons unsalted butter*
- 2/3 cup sugar
- 1/2 teaspoon salt
- 1/8 teaspoon pistachio flavor or cherry flavor, optional
- 1 teaspoon vanilla extract
- 1 1/2 teaspoons baking powder
- 2 large eggs
- 2 cups All-Purpose Flour
- 1 cup coarse chopped pistachios
- 1 cup sweetened tart cherries**
- coarse sparkling sugar, for sprinkling on top, optional

Directions:
Preheat the oven to 350°F. Lightly grease (or line with parchment) one large (about 18" x 13") baking sheet. In a medium-sized bowl, beat the butter, sugar, salt, flavor, vanilla, and baking powder until the mixture is smooth and creamy. Beat in the eggs; the batter may look slightly curdled. At low speed of your mixer, add the flour, stirring until smooth; the dough will be sticky. Stir in the pistachios and cherries. Divide the dough in half, and plop both halves onto the prepared baking sheet, leaving space between them. Shape each half into a long rectangle about 10 1/2" x 2" wide x 3/4" tall; remember, you need to leave space for expansion between the pieces of dough. Straighten the rectangles, and smooth their tops and sides; a wet spatula or wet bowl scraper works well here. Sprinkle the tops of the rectangles with coarse white sparkling sugar, if desired. Bake the dough for 25 minutes. Remove it from the oven. Using a spray bottle filled with room-temperature water, lightly but thoroughly spritz the two pieces of dough, making sure to cover the sides as well as the top. Softening the crust just this little bit will make slicing the biscotti without crumbling easier. Reduce the oven temperature to 325°F. Wait 5 minutes, then use a sharp knife to cut the biscotti crosswise into 1/2" to 3/4" slices. As you're slicing, be sure to cut straight up and down, perpendicular to the pan; if you cut unevenly, biscotti may be thicker at the top than the bottom, and they'll topple over during their second bake. Place the biscotti on the baking sheet, on edge; they can be very close together. Return the biscotti to the oven, and bake them for 35 to 40 minutes, until they feel very dry and are beginning to turn golden. Remove the finished biscotti from the oven, and cool them right on the pan.

FRIENDS & FAMILY REFERRAL PROGRAM!

$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!
Talk to Marketing for details!

UNIVERSITY CONNECT

JANUARY 2021

New Year Poem on Life

Another fresh New Year is here...
Another Year to live!
To banish worry, doubt, and fear,
To love, and laugh and give!

This bright new year is given me
To live each day with zest...
To daily grow and try to be
My highest and my best!

I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!

-William Arthur Ward

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Emily Harrison
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Rehan Ahsan
Culinary Service Manager

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Wellness Coordinator

Josh Logan
Culinary Supervisor

Holly Weaver
Dining Room Supervisor

Angie Sorgi
Dining Room Supervisor

ASSOCIATE SPOTLIGHT

Our associate spotlight for this month is Emily Harrison, our new AL Life Enrichment Manager!

My name is Emily Harrison and I am excited to share that I am the new Life Enrichment Manager for assisted living at Waltonwood University! I was born and raised here in Rochester Hills, Michigan before attending Grand Valley State University, where I studied Therapeutic Recreation and Psychology. During my time at Grand Valley, I worked as an Activities Assistant and a Certified Nursing Assistant at Samaritas Senior Living. After graduating in 2019, I moved to Baton Rouge, Louisiana where I worked as an Admissions Counselor for Louisiana State University. I am thankful for the time I had in Louisiana, but I was thrilled when the Life Enrichment position was posted back in Michigan!

I am looking forward to providing fun and exciting programs for our residents. I understand that the last year has been extremely difficult and filled with uncertainty for all of you and for your loved ones here at Waltonwood University. I have a lot of plans for our residents to stay happy and engaged!

At Your Door Services will be discontinued starting January 1st.

Stamps will still be available to purchase. Please see Katelyn in Life Enrichment.

TRANSPORTATION UPDATE

Transportation will continue to doctor appointments only! Gary will be available to take residents to their appointments on Mondays, Wednesdays, and Thursdays.

You will still need to fill out a request form for your appointments. Forms will be located outside of the Life Enrichment office. Please submit your request at least one week prior to your appointment.

****If you go out for an appointment, you will be placed on a 7-day isolation when you come back.****

DECEMBER HIGHLIGHTS

10

Some of our crafty residents made homemade Christmas cards for their friends and family.

17

Italian Day! Residents enjoyed our pasta bar lunch pick-up!

22

Residents learned some new techniques on decorating Christmas cookies!

23

Ugly Sweater Day! Residents wore their ugly Christmas sweaters and enjoyed some spiked hot chocolate!

JANUARY SPECIAL EVENTS

08

Who doesn't love some red velvet cake! We will be coming around with some homemade red velvet cookies!

13

Come visit our concession stand at the bistro for a variety of popcorn and movie snacks!

15

It's National Bagel Day! Come down to the campus room and enjoy a bagel sandwich lunch pick-up!

20

Juicing with Josh is back in 2021! Josh will be making our residents a variety of juices to stay healthy in the New Year!

22

It's Peppermint Day! We will be coming around with a variety of peppermint flavored treats!

29

It's a Snow Day! We will be have a day filled with festive activities and white hot chocolate pick-up at the bistro!

FOREVER FIT: FOCUS ON FITNESS

Moving Forward

Finally! January is here; 2020 is over and 2021 has arrived and ready to offer a new sense of hope. Last year was tough, maybe even the hardest year of our lives. We lost so many traditions, milestones and celebrations to a circumstance far beyond our control. It would be so easy to look back and dwell on what could have been, wondering, "what if?" While you have every right to reflect on the past twelve months, I encourage you to shift your hopes to the next twelve to come. Take this opportunity to the embrace the progress we've made and know this progress puts us one step closer to the way things used to be. There's no doubt the road ahead will still be bumpy, but step into the new year with the hope and conviction that 2021 will truly be a healthy, happy new year!

"It's amazing how a little tomorrow can make up for a whole lot of yesterday."
John Guare

Chris Grabowski | *Forever Fit Manager*

EXECUTIVE DIRECTOR CORNER

As we ring in the new year of 2021, I think we are all happy to say good riddance to 2020! This year has been challenging for all of us. One thing is for certain, the fight with COVID-19 is not over. We as a community have to continue to be resilient and keep the virus out of our building. One thing is for certain, with the vaccination near, we can start to see the light at the end of the tunnel!

On a personal note, I wanted to share some exciting news with our amazing residents and their families. I have officially accepted the offer to become the Executive Director of Waltonwood University! From my first day in April stepping foot in the community, I knew that I wanted to call this place home. The past 9 months as an Associate Executive Director has been a great learning experience for me, and I am excited for what the future holds here at Waltonwood University. GREAT things to come in 2021!

Jonathan Hills | *Executive Director*