



February Birthday

*No February
Birthdays
to
celebrate
this month*

SAFETY FIRST



Face coverings are required
in our community.

Please see the Executive Director
if you need a mask.

CHEF'S SIGNATURE RECIPE - Guacamole Deviled Eggs

Deviled eggs always bring a crowd-pleasing touch to start a meal or small party. Using guacamole as the base is a heart-healthy way to indulge in deviled eggs, as avocado subs for the majority of egg yolk in this recipe. (Calories 71, Protein 5g, Fat 2g per serving)

INGREDIENTS:

9 large eggs
1 medium avocado, halved and pitted
2 tablespoons fat-free sour cream
1 1/2 teaspoons fresh lime juice
1 to 2 Italian plum (Roma) tomatoes, seeded and finely chopped (about 1/3 cup)
1/4 cup finely chopped green onions
1/4 teaspoon salt
Pinch of pepper
1 to 2 teaspoons finely chopped jalapeños, seeds and ribs discarded (optional)

DIRECTIONS:

1. Add the eggs to a large pot. Fill the pot with enough water to cover the eggs. Bring to a boil over high heat. As soon as the water comes to a boil, remove the pan from the heat. Cover. Let stand for 10 minutes. Drain. Transfer the eggs to a bowl filled with cold water.
2. When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise. Remove the yolks. Add 2 whole egg yolks to a medium bowl. (Save the remaining 7 egg yolks for another use.) Place the egg white halves on a platter.
3. Using a spoon, scoop the avocado into the bowl with the egg yolks. Using a fork, mash together.
4. Stir in the sour cream, lime juice, tomatoes, green onions, salt, pepper, and jalapeño.
5. Spoon the avocado mixture into each egg white half, dividing the mixture equally.



\$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



27495 Huron Circle, Novi, MI 48377
www.waltonwood.com | 248-735-1030
Facebook: /WaltonwoodTwelveOaks

"Though,
February is
short, it is filled
with lots of love
and sweet
surprises"

- Charmaine J Forde

February has something for everyone so don't forget to review the calendar and weekly notifications. This month will be packed with *educational series*: GO RED Healthy Heart, Black History Month, Thomas Edison, Travelogues and more. *Social activities* - BINGO, Sing-a-longs and our Coffee & Chronicles to name a few. *Celebrations*: Super Bowl, Chinese New Year, Valentine's Day, Mardi Gras and Purim. So, no matter what Punxsutawney Phil does on Groundhog Day, come on out of hibernation and participate in these planned and impromptu moments with your friends and neighbors.



Show your support and wear your red on
February 5th to support the
American Heart Association
and bring awareness to help end heart disease and
strokes in women.

Join us in the Library at 10:30am for a
Heart HealthyTreat followed by an Educational Webinar
presented by
Robert Louis-Ferdinand, MSN, APRN

COMMUNITY MANAGEMENT

Richard Mabe
Regional Executive Director

Gina Steigerwald Conway
Executive Director

Deanna Hite
Business Office Manager

Randi Furniss
Housekeeping Supervisor

Alyssa "Lee" Tobias
Independent Living Manager

Stefanie Roland
Life Enrichment Manager

Heather Laskos
Marketing Manager

Betsy Weakland
Marketing Manager

Binita Patel
Resident Care Manager

Roger Pitts
Environmental Service Mgr

ASSOCIATE SPOTLIGHT – Roger Pitts

Roger Pitts is our new Environmental Services Manager. He brings with him 30 plus years of diverse experience in his field, from custodial work, environmental maintenance to being an operations manager for the company Sodexo. Roger has worked in hospitals and senior living communities. He grew up in Detroit and lives in Rochester with his family. He has been married to his wife Vernita for 30 years. They have 2 kids. John is 28 and Rachel is 22. They have an adorable Miniature Pinscher/Collie mix named Stormy, who is 14 months old. When he has free time Roger enjoys working with his hands painting and doing home improvements. A fun fact about Roger is that growing up he played baseball and went on to play in college for 2 years at Arizona State. He and Vernita usually go back to Arizona to vacation in February, but unfortunately not this year. We are so excited to have his calm demeanor and willingness to help join our team at WTO.



TRAVELOGUE VIRTUAL TRIPS

Join us on Saturday mornings as we travel around the globe.

2-6 China * 2-13 New Orleans
2-20 Micronesia & Pacific Islands * 2-27 Norway

JANUARY HIGHLIGHTS

5th

Our community enjoyed **National Bird Day** with a craft, as well as, a learning opportunity to see if we could place the description and bird call to the correct feathery friend.

18th

The **Covid Vaccine Clinic** was a huge success! Thank you to all who participated. There were many reasons for those who got vaccinated but here is a favorite...so we can play BINGO again!



20th

“National Penguin Day” was enjoyed with some hands on fun while learning a bit about these interesting birds.

29th

Fun was had by all who came out to be part of the **Winter Carnival Festivities!** Congratulations to our 2021 Winners!



FEBRUARY HIGHLIGHTS

7th

Superbowl Sunday Tailgate— join us at in the sitting area noon for a fun tailgate fun and food. **RSVP** if you will be attending so we can have enough food!

11

Happy Birthday Mr. Edison! Join us for an an **Education Talk** about **Thomas Edison**, his accomplishments and ties to Detroit. Presented by our own, Jacque!

February is **Random Acts of Kindness Month** here at Waltonwood Twelve Oaks

We will be keeping track of all the kind words and acts that we do for one another, So, if you spread kindness, write down the action and place it on the frame outside the activity room. Our goal is 170 kinds acts!

Kindness is a language that the deaf can hear and the blind can see
- Mark Twain

16th

Mardi Gras Covid Style – join us at Noon as we transform the sitting area into Bourbon Street. **RSVP** to reserve your spot in the Big Easy!

25th

Come celebrate **Purim** in the Activity Room as we read the story of Queen Esther and a hands on Demo sampling Hamantashen pastries.

FOREVER FIT – Don’t Wait

In a year that has dramatically changed every aspect of our daily lives, there’s one thing that should never be ignored, your health. Many people have postponed and cancelled their typical checkups and appointments to limit their exposure to others and to the settings in which COVID-19 exposure may be at a higher risk. While being diligent about your safety is of the utmost important it is equally as important that you manage your health and keep up to date on your wellness checkups. Doctors office and hospitals follow the strictest protocols in order to keep their patients' and staffs' safety a top priority. Alternatives like virtual visits or telehealth options now offer you the opportunity to stay on top of your health and wellness all while minimizing the risks you’re trying to avoid. So, this February as we join with the American Heart Association’s Go Red for Women initiative and take some time to put your health first. Know your numbers, pay attention to how you feel and listen to your body because being proactive with our health is the best way to stay feeling our best for years to come.