

HAPPY  
BIRTHDAY

Celebrating  
Birthday's in

FEBRUARY

02/4 Audrea M  
02/14 Robert R  
02/17 Louise B  
02/21 Bernie S  
02/25 Pat B

FEBRUARY 1st  
Birthday Celebration  
Wishing you a very

Happy Birthday!

## CHEF'S SIGNATURE RECIPE

### Beignets

#### Ingredients

**2 ¼ teaspoons active dry yeast**  
**1 ½ cups warm water (110 degrees F/45 degrees C)**  
**½ cup white sugar**  
**1 teaspoon salt**  
**2 eggs**  
**1 cup evaporated milk**  
**7 cups all-purpose flour**  
**¼ cup shortening**  
**1 quart vegetable oil (for frying)**  
**¼ cup confectioners' sugar**



#### Directions

**In a large bowl, dissolve yeast in warm water. Add sugar, salt, eggs, evaporated milk, and blend well. Mix in 4 cups of the flour and beat until smooth. Add the shortening, and then the remaining 3 cups of flour. Cover and chill for up to 24 hours. Roll out dough 1/8 inch thick. Cut into 2 1/2-inch squares. Fry in 360-degree F (180 degrees C) hot oil. If beignets do not pop up, oil is not hot enough. Drain onto paper towels. Shake confectioners' sugar on hot beignets. Serve warm.**

## TWELVE OAKS CONNECT

FEBRUARY 2021



**Go Red** for Women is the American Heart Association's national movement to end heart disease and strokes in women.

Please Join us

February 5th at 10:30 a.m. for a Heart  
Health Educational Webinar with Robert  
Louis-Ferdinand

**Don't forget to wear RED**



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## COMMUNITY MANAGEMENT

Executive Director  
Gina Steigerwald Conway

Deanna Hite  
Business Office Manager

Culinary Services Manager

Alyssa Tobias  
Independent Living Manager

Monique Furniss  
Life Enrichment Manager

Roger Pitts  
Environmental Services  
Manager

Heather Lasko  
Marketing Manager

Betsy Weakland  
Marketing Manager

Binita Patel  
Resident Care Manager

Arthur Crews  
Wellness Coordinator



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! Ask for details!



**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.



### JANUARY HIGHLIGHTS

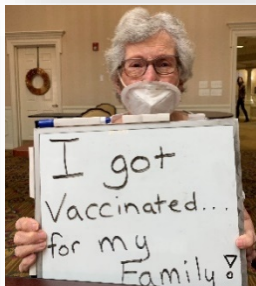
- 5** National Bird Day!

The National Geographic Guide to Birding in North America
- 15** National Hat Day!

Come show off your favorite hat
- 18** Martin Luther King Day!

"If I cannot do great things, I can do small things in a great way". — Martin Luther King Jr.
- 21** Covid-19 Vaccination Clinic

Resident's explain why it's important to get vaccinated



### FOREVER FIT/WELLNESS

**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.

### 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 2 weeks in advance and are scheduled based on availability. Please schedule your appointment with some flexibility as Monique **may be up to 15 minutes early or late** depending on traffic and other passengers.

### FEBRUARY SPECIAL EVENTS

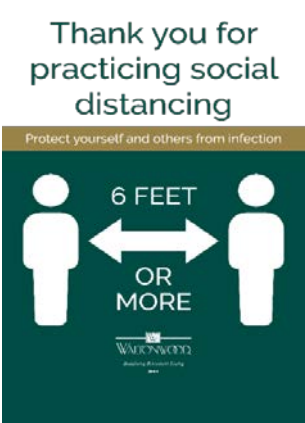
- 1** Sundaes on Monday/Birthday Celebration

If you have a Birthday in the month of February please come celebrate with us.
- 5** Heart Health Educational Webinar

Go Red for Heart Health
- 16** "Fat Tuesday" Enjoy a Paczki

"Happy Fat Tuesday indulge yourself with your favorite donuts the day before Lent"
- 26** WW Oscars Ceremony

"No matter where you're from, Your dreams are valid"



### EXECUTIVE DIRECTOR CORNER

With vaccine roll-outs well underway, it seems like there is a light at the end of this very long COVID tunnel! It won't be much longer before we can safely gather with our friends and family again, and I can say with all certainty that WE ARE READY FOR IT! The community is buzzing, and we are eagerly preparing for re-opening our doors for visitation. 2021 has surely kicked off with bang, and the Vaccine roll-out provides us all with a renewed sense of opportunity and excitement.

Gina Steigerwald