



There aren't any Birthdays this month, but we will celebrate our heart health by wearing red on 2/5 and watch a Heart Health Educational Webinar 10:30 a.m., have a "Go Red" Parade, and enjoy heart healthy smoothies at 3pm.

COOKING DEMONSTRATIONS

5 Heart Smoothie Bar-3pm

14 Chocolate Covered Strawberries-3pm

15 Presidents Day Parfait-3pm

25 Hamentaschen-3pm

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

1. 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.
2. 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.
3. Shake confectioners' sugar on hot beignets. Serve warm.

TWELVE OAKS CONNECT

FEBRUARY 2021



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"Though February is short, it is filled with lots of love and sweet surprises." Charmaine J. Forde

February will be a fun and busy month. We will be doing "Random Acts of Kindness" throughout the month. The residents will also be exploring Black History, and going on virtual tours to guide us. Groundhog Day will get us started, will he see his shadow? Wear Red for Heart Health is on Friday 2/5, and we will shed light on the importance of healthy eating and exercise. Then we move onto Valentine's Day, with many exciting projects and sweet treats. President's Day is next, followed by Mardi Gras which is Fat Tuesday, so we will be having paczkis. Then we have Ash Wednesday. On Friday, 2/19 we will be celebrating the Chinese New Year (year of the ox) and we have our very own resident that will help us prepare and teach us some Chinese sayings, how to write a few Chinese words, and help us prepare for our celebration! We will end the month and learn about Purim and have the very yummy 3 cornered cookies called Hamentaschen.

As I embark on my third year here, it is my pleasure to have your amazing family members, new and old to explore all of the wonderful things that they enjoy, while remembering that you are never too old to try new things.

\$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!

FRIENDS & FAMILY REFERRAL PROGRAM



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.



TRANSPORTATION INFORMATION.

For this month we will be doing virtual travel and heart health classes.

February 5: Heart Health Educational Webinar
10:30-11:30 a.m.

February 16: Mardi Gras- 2pm

February 19: Chines New Year Celebration- 2pm

February 26: Virtual Tour of the Underground Railroad- 2pm

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.



JANUARY HIGHLIGHTS

08 Elvis' Birthday Celebration. We had a great time dancing and singing to Elvis tunes. But the main highlight was making Elvis' Favorite peanur butter and banana sandwiches.

18 Vaccine Clinic. What a very important day this was for all of us! After all that we have been through this is a step in a positive direction. We had every resident vaccinated.

FOREVER Focus on Health 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.

13 Snowmen for Door Ledges. The residents loved this projec tand it's amazing how their snowman matched many of their personalities and looks so cute on their door ledges.

21 Penguins & Pizza. Who doesn't like the cute wobbly penguin. Each person picked the materials that they would like on their penguins. Then we made our own personal veggie pizzas. They are such a great addition to the Winter Wonderland décor of January.



05 Wear Red for Heart Health. We will have a full day of doing all of the things that will keep our hearts helathy. We will wear red and walk, watch an educational seminar, and have a healthy smoothie.

19 Chinese New Year Celebration. We will be celebrating the Chinese New Year (year of the ox) and we have our very own resident that will help us prepare and teach us some Chinese sayings, how to write a few Chinese words, and we will eat a special meal with chopsticks.

12 Valentine's Day Party. We will be celebrating by making valentine cards, boxes, and pillows for their rooms. Then we will celebrate with heart shaped treats, cupids punch and chocolate covered strawberries.

26 Black History in Art. We will be exploring Black History all month, but today we will appreciate the poets, artists and musical contributions, as well as draw some of our own pictures of things that inspired us.



FROM THE DESK OF THE EXECUTIVE DIRECTOR

With vaccine roll-outs well underway, it seems like there is finally 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 the dinings rooms and welcoming visitors. 2021 has surely kicked off with bang, and having access to the vaccine provides us all with a renewed sense of opportunity and excitement for what is to come.

Gina Steigerwald, CALD, CDP
Executive Director