



March Birthdays

3-13 Teddi

3-15 Sharon K

3/16 Susan C

3/28 Elaine L

3/29 Carmen H
Wishing you a
wonderful birthday
filled with
Love & Laughter!!

SAFETY FIRST



Face coverings are required
in our community.

Please see the Executive Director
if you need a mask.

CHEF'S SIGNATURE RECIPE - HOT REUBEN DIP

HOT REUBEN DIP



Prep Time 10 minutes

Cook Time 20 minutes

Stand: 10 minutes

Total Time 40 minutes

Ingredients

- 3 oz. cream cheese softened
- 1 lb. cooked corned beef coarsely chopped (from the deli counter)
- 16 oz. can of sauerkraut rinsed and drained
- 1 c. Thousand Island dressing
- 1 Tbs. prepared horseradish
- 1 - 1 1/2 c. shredded Swiss cheese divided

Instructions

1. Preheat oven to 400F.
2. In a medium bowl, stir together all ingredients except for 1/4 c. Swiss cheese with a wooden spoon. If needed, may use a hand mixer to combine.
3. Pour into a cast-iron skillet or pie dish. Top with 1/4 c. Shredded Swiss cheese. Bake in preheated oven for 15-20 minutes, until hot and bubbly throughout.
4. Allow to stand 10 minutes to settle. Serve with bread, toast points, or crackers.

TWELVE OAKS CONNECT



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Nature's Way

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Upon a nice mid-spring day,
Let's take a look at Nature's way.
Breathe the scent of nice fresh air,
Feel the breeze within your hair.
The grass will poke between your toes,
Smell the flowers with your nose.
Clouds form shapes within the skies,
And light will glisten from your eyes.
Hear the buzzing of the bees,
Climb the tallest willow trees.
Look across the meadow way,
And you shall see a young deer play.
Pick the daisies as they grow,
Watch a gentle cold stream flow.
Know the sounds of water splash,
Catch its glimmer in a flash.
When altogether all seems sound,
Lay yourself upon the ground.
Take a moment to inhale,
And listen to Nature tell her tale...

*We are all eagerly awaiting the arrival of
Spring and the activities that will pursue....*

COMMUNITY MANAGEMENT

Richard Mabe
Regional Executive Director

Gina Steigerwald Conway
Executive Director

Deanna Hite
Business Office Manager

Roger Pitts
Environmental Service Mgr.

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

\$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!



ASSOCIATE SPOTLIGHT - MADDIE BATTISHILL

Maddie Battishill is the engaging, upbeat full time IL Life Enrichment Assistant. She always has a great attitude and willingness to help. Maddie attributes her journey to becoming a LEA to her grandma, who she visited every Sunday in an Assisted Living Community. Her Grandma always told her that she would be wonderful working with seniors and she was right! Maddie was born in Korea and was adopted when she was 6 months old. She has an older brother, who was also adopted from Korea. She lives with her parents in Plymouth. They have a cat that they named “Cat”. A fun fact is that everyone in her family are teachers except for her. But originally when she went to GVSU she thought that she wanted to follow in her family’s footsteps and become a teacher and her brother didn’t want to be one. But as time went on they traded places and he became a teacher and Maddie went on to major in Hospitality and Tourism with a Meeting and Event Management Emphasis. After college Maddie had several interesting internships. She worked for the Detroit Tigers and did corporate entertainment. Pre-COVID Maddie loved to travel with her best friend Sammy. They traveled to Italy, Paris, London and throughout the U.S. She looks forward to when her and Sammy can safely travel again



TRANSPORTATION INFORMATION

Transportation is available *Thursday*
For Appointments by approval

Reservations are required at least 72 hours in advance and are scheduled based on availability. Please complete the request form in front of the Activity Room and submit to Stefanie for approval.

Thank you for practicing social distancing



FEBRUARY HIGHLIGHTS

12th

A fun time was had on **Chinese New Years** as we tried our hand at making egg rolls and writing “Happy New Year” in the Chinese symbols.

14th

Residents enjoyed the **Valentine Day** by enjoying tasty treats made by our culinary team and participating in crafts that helped beautify their apartments.

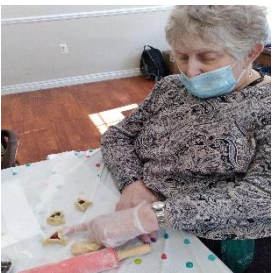


15th

Round 2 of the **Vaccination Clinic** was a huge success! All residents are 100% vaccinated.

25th

Happy Purim! And what fun it was as we celebrated baking making our own “Hamataschen” cookies.



FOREVER FIT – FUEL UP

Food is an amazing thing. It has the ability to unite friends and family around the table, fuel an active lifestyle and provide the key nutrients essential to recharge and replenish the body. So, it should come as no surprise that the dietary choices we make have a direct impact on our overall health and wellbeing. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improves immune health and can potentially reduce the inflammation associated with arthritis. Each March the Academy of Nutrition and Dietetics as in celebrates National Nutrition Month, a month dedicated to helping people make informed mindful food choices while making physical activity a top priority. When combined with 30-minutes of daily exercise, a diet rich in fruit, vegetables, whole grains, lean proteins and healthy fats you can help ensure your body is getting the necessary nutrient rich fuel it so desperately needs. So, the next time you sit down for a hearty meal or reach for your favorite snack make sure you’re making the most of your choice because the right fuel can make all the difference.

MARCH HIGHLIGHTS

12th

Join us as on **Alfred Hitchcock Day** as we learn about his influence that he had in the movie industry. We will watch and review *North by Northwest* to decide if it still stand the test of time.

19th

“**March Madness**” fun is the rage today with “D-U-N-K-S” Bingo and a Basketball Shoot out. Don’t forget to track your basketball team on the “Bracket Wall”.

17th

Don’t forget to wear your green because on this day, everyone is Irish! We will enjoy some good ole’ **St. Patrick’s Day** festivities with music and singing followed by a fun “Pot of Gold” craft.

26th

All are welcome to join in our remembrance of **Passover**, the feast of Unleavened Bread, and our Seder Celebration



FROM THE DESK OF THE EXECUTIVE DIRECTOR

With the second round of COVID-19 vaccinations now complete, the time we all have been anxiously waiting for is quickly approaching! While there is some remaining uncertainty about the future of the pandemic, we are relieved to see restrictions lifting and a sense of normalcy filtering throughout the community. Now that we are able to welcome visitors back, we’ve seen many faces for the first time in almost a year. With Spring on the way, the team is actively working through some community improvement projects and new and excited opportunities for our residents. As always, we appreciate your support and collaboration over the past year and the months to come.

Gina Steigerwald Conway, CALD, CDP - Executive Director