

HAPPY  
BIRTHDAY

## Celebrating Birthday's in

MARCH

03/10 Jane T  
03/12 Nancy L  
03/22 Eileen R  
03/25 Aura May R  
03/27 Bill Y

MARCH 1st  
Birthday Celebration  
Wishing you a very

Happy Birthday!

## CHEF'S SIGNATURE RECIPE

### St. Patrick's Day Green Cupcakes

#### Description

Delicious vanilla cupcakes made green by using spinach! No food dyes, and no oil, eggs, or butter. Healthy, delicious, fun cupcakes perfect for St. Patrick's Day or Easter.

#### Ingredients

- 2-½ cups All-purpose Flour
- 1-½ cup Sugar
- ½ cups Powdered Buttermilk
- 1 teaspoon Baking Powder
- ½ teaspoons Baking Soda
- 1 cup Unsweetened Applesauce
- 4 cups Baby Spinach, Raw
- 1 teaspoon Vanilla

#### Preparation

1. Preheat oven to 350°F.
2. Combine all the dry ingredients in a large bowl.
3. Puree the applesauce and spinach in a blender. You may need to add the spinach in batches.
4. Using a hand mixer, blend the spinach mixture and vanilla into the flour mixture for 2 minutes. Divide evenly into 18 cupcake liners (in a cupcake pan, of course).
5. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean.
6. Cool completely before frosting.



## TWELVE OAKS CONNECT

MARCH 2021



### Waltonwood Oscars March 10, 2021

#### AND THE NOMINEES ARE...



**Most Active** – Sue T, Randy J, Maryhalee V, Alice M, Chuck T, Evelyn C, Ann C, Rose Marie H, Phyllis A, Ruth Ann K, Josie V, June H, Genevieve T, Pat B, Marv K

**Most Social** – Esther H, Connie C, Don R, Russ T, Robert S, Eileen R, Josie V, Rose Marie H, Sue T, Ann C, Viv W, JoAnn M, June H, Rose S, Nancy L

**Most Caring** – Ester H, Sue T, Connie C, Anna V, Ernie B, Rose S, Alice M, Ruth H, Chuck T, Lido A, Aura May R, Irving G, Doris B, Emil T, June H

**Best Helper** – Ester H, Carol T, Randy J, Marthalee V, Rose S, Chuck T, Emil T, Nancy L, Sue T

**Cutest Couple** – John & Pat B, Don & Doris D, Josie & Luis V, Carol & Russ T, Richard & Margaret D, Maggie & Ray R, Louise & Ernie B, Rita & John A, Robert & Joyce S, Mary Lou & Robert R, Frank & Beverly C, aura May & Don R

**Frick & Frack** – JoAnn M & Nancy L, June H, Ruth H & Evelyn C, Doris B & Alice M, Ed M & Therisa B, Connie C & Genevieve T



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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

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!

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 and spend time with her best friend Samantha. Maddie traveled to Italy, Paris, London and throughout the U.S. She looks forward to when her and Samantha can safely travel again.



FEBRUARY HIGHLIGHTS

- 5

Heart Health Educational Webinar

Go Red for Heart Health
- 12

The Newlywed Show

Once upon a time, I became yours, and you became mine.
- 16

"Fat Tuesday" Enjoy a Paczki

"Happy Fat Tuesday indulge yourself with your favorite donuts the day before Lent"
- 22

National Margarita Day

"If life gives you limes, make margaritas."



FOREVER FIT/WELLNESS

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.

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!

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.

MARCH SPECIAL EVENTS

- 02

National Read Across America Day

Fun Facts About Read Across America Day Research shows that if you read more, you will do better in school.
- 10

WW Oscars Ceremony

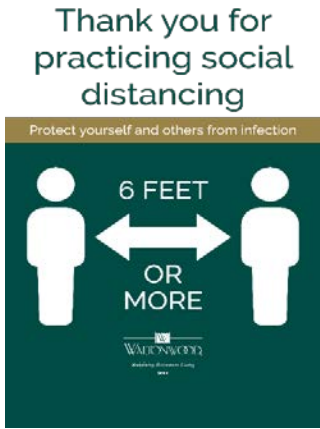
"No matter where you're from, Your dreams are valid"
- 16

"Green Hat"

BINGO and Lunch Social
- 17

St patrick's day Celebration

"Never iron a four-leaf clover, because you don't want to press your luck"



EXECUTIVE DIRECTOR CORNER

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  
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