



SIGNATURE RECIPE

Birds Nest Cookies

Ingredients

- 12 ounces milk chocolate chips
- 12 ounces butterscotch chips
- 12 ounces chow mein noodles
- 36 candy eggs

Instructions

1. Place the milk chocolate chips and butterscotch chips in a large bowl. Microwave in 30 second increments until melted. Stir until smooth.
2. Add the chow mein noodles to the bowl and toss until coated in the chocolate mixture.
3. Spoon 2 tablespoons of the cookie mixture onto a piece of parchment and shape into a nest; top with 3 candy eggs. Repeat the process with the remaining cookie mixture and eggs.
4. Let nests set until firm, then serve.



APRIL BIRTHDAYS

Robert M. 4/10

Joyce B. 4/27



FRIENDS & FAMILY REFERRAL PROGRAM!

\$1,000 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!

MAIN CONNECT

APRIL 2021



SPRING HAS SPRUNG!

"No matter how long the winter, spring is sure to follow." - Anonymous

We have officially passed our one-year mark of the shut down in Michigan due to COVID-19. This April marks the beginning of our re-opening at Waltonwood Main with live entertainment, spiritual services and our Caregiver Support Group through the Alzheimer's Association. The support group is remaining virtual at this time. Please email Elisabeth.McMurtrie@singhmail.com for further information or to join.

We hope that you and your family stay safe and healthy. As always, we thank you for choosing Waltonwood Main as your home. It is our pleasure and honor to serve you each and every day.



1401 North Rochester Rd., Rochester Hills, MI 48307
www.waltonwood.com | 248-601-7600
Facebook: /WaltonwoodMain

COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Lora Baltosiewich
Business Office Manager

Renata Lenczewski
Wellness Nurse

Alexis Schram
Wellness Coordinator

Lauren Wolanin
Wellness Coordinator

Sean McNally
Culinary Services Manager

Liz McMurtrie, CTRS, CDP
AL Life Enrichment Manager

Kathleen Colonello, CDP
MC Life Enrichment Manager

Greg Ginter
Environmental Services
Manager

April Myers
Marketing Manager

Jordan Dimitrie
Move-In Coordinator

ASSOCIATE SPOTLIGHT

Lauren Wolanin

Please meet Lauren, our new MC Wellness Coordinator! Lauren grew up in Byron, Michigan. She has one older and two younger sisters. Lauren attended Byron Area High School and received her bachelor's in Health Science at Oakland University. She was in the Alpha Lamda Delta Honors Society and she played soccer in high school. Lauren previously worked as a resident assistant for University housing. She met her fiancé at church and they are getting married this September. Lauren's favorite movie is the "Imitation Game" and her favorite ice cream flavor is vanilla with caramel.

Lauren enjoys Waltonwood because everyone is really friendly and committed to providing the highest level of care they can.

You would be surprised to know that Lauren lived in Accra, Ghana for a month while working at a children's hospital. If she could travel anywhere, she would like to go to Costa Rica!



MARCH HIGHLIGHTS

03

Executive Director, Lance Helton, dressed wacky and virtually read "Wacky Wednesday" to a 1st grade class at Holy Family for Read Across America Day!

12

Getting outside when the weather allows is still one of our favorite past times! Spring can't get here soon enough!

11

Residents enjoyed playing a new game, Table Hockey! It will be new monthly addition to the calendar for sure!



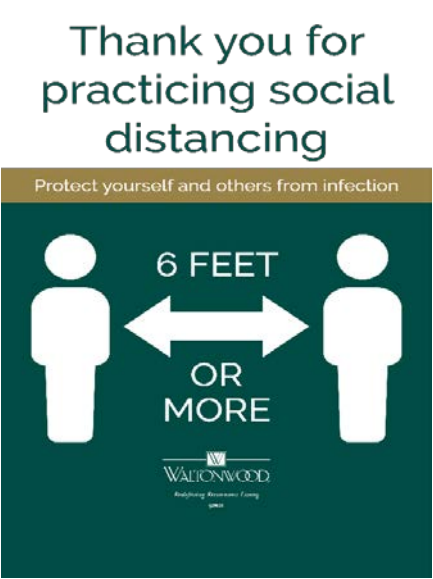
A SUNNY SPRING

Well, spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step outside and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

Chris Grabowski, MS | *Senior Forever Fit Manager*

IN TOUCH SCREENS

Have you checked out the InTouchLink Screens located in the community??? One is by the front desk on the 2nd floor and one is is near the elevator on the 1st floor by the Dining Room. These provide you with the most up to date information, fun games and pictures of our most recent events. They also display helpful information like the weather, time and date. You may now view this channel in your apartment on Channel 952. Please let us know if you need assistance getting the channel on your TV.



Each year, National Grilled Cheese Sandwich Day, on April 12th, recognizes one of the top comfort foods in the United States. Why wouldn't it be when we're talking about bread grilled to perfection and warm, gooey, melted cheese. According to food historians, many cultures around the world have enjoyed cooked bread and cheese since ancient times.

The United States modern version of the grilled cheese sandwich originated in the 1920s. As sliced bread and American cheese became easily available, Americans began making open-faced grilled cheese sandwiches. United States government cookbooks describe Navy cooks broiling "American cheese filling sandwiches" during World War II.

Grilled cheese sandwiches are versatile thanks to the ability to mix and match cheeses, bread, and seasonings. Adding sauteed vegetables or herb-infused oils can elevate this simple comfort food to a whole other level.

Lance Helton | *Executive Director*