



Happy Birthday!

Delores 4/07
Gerry 4/17

SAFETY FIRST

Face coverings are required in our community. Please see the Executive Director if you need a mask.

Protect yourself and others from infection



FRIENDS & FAMILY REFERRAL PROGRAM!

RHUBARB CRUMBLE MUFFINS

Ingredients:

Crumb Topping

- 3/4 cup all-purpose flour
- 1/3 cup firmly packed dark brown sugar or 1/3 cup light brown sugar
- 1/2 teaspoon cinnamon
- 5 tablespoons salted butter

Muffin Batter

- 2 cups fresh rhubarb, cut into 1/4-inch pieces
- 1/4 cup powdered sugar
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup salted butter, softened to room temperature
- 1/2 cup sugar
- 2 large eggs
- 1/2 teaspoon vanilla
- 1/2 cup milk

Instructions:

- Preheat oven to 375°; grease 12 3 x 1 1/2 inch muffin cups.
- Make the topping: mix the flour, sugar, and cinnamon together in a bowl; mix in the butter with your fingers or a pastry blender until the mixture forms small crumbs; set aside.
- Make the batter: mix the rhubarb and sugar together in a bowl; set aside.
- Mix the flour, baking powder, and salt together in a small bowl; set it aside.
- Beat the butter and sugar together until they are light and fluffy, about 2 minutes.
- Add in the eggs and vanilla; beat until they are fluffy, about 1 minute.
- Slowly mix in half the flour mixture until it is incorporated, then half the milk; mix it and scrape down the sides of the bowl; repeat.
- Fold in the rhubarb mixture.
- Divide the batter evenly into the prepared muffin cups.
- Distribute the crumbs evenly on top of each muffin.
- Bake them for 20 minutes or until a cake tester inserted into the center of one muffin comes out clean.

\$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!

MAIN MC CONNECT

APRIL 2021



Without Change, There Would Be No Butterflies

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

We hope that you and your family stay safe and healthy in the coming year. As always, we thank you for choosing Waltonwood Main as your home, and look forward to serving you in the new year.



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

COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Renata Lenczewski, BSN
Resident Care Manager

Alexis Schram, CDP
AL Wellness Coordinator

Lauren Wolanin
MC Wellness Coordinator

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

Kathleen Colonello, CDP
MC Life Enrichment Manager

Liz McMurtrie, CTRS, CDP
AL Life Enrichment Manager

April Myers
Marketing Manager

Jordan Dimitrie
Move-In Coordinator

Greg Ginter
Maintenance Supervisor

LAUREN WOLANIN

Please meet Lauren our new MC Wellness Coordinator! Lauren grew up in Byron, Michigan with three sisters. 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 ice cream 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!

Welcome to the FAMILY!



TRANSPORTATION INFORMATION



Outings will be offered on most Mondays and Thursdays. Residents will be physically distant and masks are required.

Programs subject to change.

APRIL THEME DAYS

MARCH HIGHLIGHTS

3/3

Cherry Blossom Day

3/11

Piano with Delores



3/15

Baby Shower for Alexis

3/20

Spring Flower Suncatcher Painting



4/1

Tigers Opening Day

4/7

April Showers

4/14

International Day of Laughter

4/21

Celebrate Earth Day

4/28

Tiptoe Through the Tulips



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

EXECUTIVE DIRECTOR CORNER

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.

03 – Lance Helton | Executive Director