



## Celebrating Birthdays in April!

### Residents:

**April 9<sup>th</sup>**

**Joan Nagle**

**April 18<sup>th</sup>**

**JoAnn Morris**

**April 21<sup>st</sup>**

**Kay Sutherland**

**April 24<sup>th</sup>**

**Florine Guastella**

### Staff:

**April 6<sup>th</sup>**

**Katelyn Pesola**

**April 13<sup>th</sup>**

**Giselle Martinez**

**April 15<sup>th</sup>**

**Jennifer Strong**

**April 22<sup>nd</sup>**

**Vickie Berishaj**

## IN THE KITCHEN

### Mexican Style Burrito

Yield: 12 Servings

#### Ingredients:

1 cup rice  
1/2 cup black or pinto beans  
1 cup marinated grilled chicken, sliced into bite-size pieces  
1/4 cup shredded cheese  
3 tablespoons salsa  
1/2 jalapeno, sliced (optional)  
1 tablespoon sour cream  
1 tablespoon guacamole

Guacamole  
4 avocados  
1 jalapeno, cored, deseeded and finely diced  
1/2 cup cilantro, chopped  
1/4 cup red onion, finely diced  
1/4 teaspoon salt  
1 lime, juiced

#### Instruction:

Guacamole: Take the stems off the avocados. Cut the avocados in half and remove pit. Scoop out the meat and place in a bowl. Mash to smooth consistency; add remaining items and mix thoroughly. Refrigerate until ready to use.

Mound rice onto plate; top with beans then add grilled chicken. Top the chicken with cheese and salsa. Finish with jalapeno, a dollop of sour cream, and guacamole.

Rehan Ahsan | Culinary Service Manager



# UNIVERSITY CONNECT

## APRIL 2021



## Happy Easter

***“Easter bunny soft and white  
Hopping quickly out of sight,  
Thank you for the eggs you bring  
At Easter time to welcome spring.  
Yellow eggs and blue and red  
In the grass and flower bed  
We will hunt them everywhere  
Is it really you who put them there?”***

***-Anonymous***

## COMMUNITY MANAGEMENT

Jonathan Hills  
Executive Director

Celeste Roth  
Marketing Manager

Brennen Bollinger  
Move-In Coordinator

Stephanie Leenhouts  
Business Office Manager

Allie Kovacs  
Resident Care Manager

Katelyn Pesola  
Life Enrichment Manager IL

Emily Harrison  
Life Enrichment Manager AL

Dave Mantels  
Maintenance Manager

Rehan Ahsan  
Culinary Service Manager

Vickie Berishaj  
Wellness Coordinator

Josh Logan  
Culinary Supervisor

Holly Weaver  
Dining Room Supervisor

Angie Sorgi  
Dining Room Supervisor

## \$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!  
Talk to Marketing for details!

**FRIENDS & FAMILY REFERRAL PROGRAM!**



# ASSOCIATE SPOTLIGHT

Our associate spotlight for this month is Jennifer Krist, our new Life Enrichment Assistant!

Hey, I'm Jennifer, I was hired to be the Life Enrichment assistant here at Waltonwood University. I love the city of Rochester and have many wonderful memories of the city. I live nearby in Shelby Township. I received my bachelor's in psychology from a Southeastern University in Lakeland, Florida, and currently am finishing up my master's in clinical mental health counseling at Wayne State University. After completing my degree, I plan to do private practice as a professional counselor, working with anxiety, depression, other various mental health concerns, and specializing in couples' work. The short yet, enriching time I've been working at Waltonwood has been an incredible experience. Not for only my professional journey, but the residents and staff have truly become family and are such a joy to work with! When I'm not partying with the residents and Emily at Waltonwood, I enjoy yoga, meditation, being outdoors, and brunch with friends.



# TRANSPORTATION UPDATE

We are excited to announce that on March 1<sup>st</sup> transportation will be extended to include essential errands, along with doctor appointments. We are now able to offer transportation to the grocery store, pharmacy, bank, hair salons & church services. With that being said, our driving schedule will be changing to accommodate these new outings.

*\*You will still need to fill out a request form for your doctor appointments. Forms will be located outside of the Life Enrichment office. Please submit your request at least one week prior to your appointment.\**

# Driving Schedule

Monday: Doctor Appointments

Tuesday: Doctor Appointments

Wednesday: Grocery Store

Thursday: Doctor Appointments

Friday: No Outings/Appointments

Sunday: Church Services



# MARCH HIGHLIGHTS

10



We recreated a classic March treat and our residents enjoyed shamrock shakes!

12



It was National Girl Scout Cookie Day! Our residents enjoyed their favorite Girl Scout Cookie!

20



Italian Day! Josh and Jorida served some delicious classic Italian meals and treats!

22



March Madness! Our men's club enjoyed some beer and pizza while watching a basketball game!

# APRIL SPECIAL EVENTS

04

Happy Easter! Enjoy a special meal from the kitchen and fun as a Easter treat delivered!

05

Katelyn's pre- birthday celebration treat! Come down to the bistro and enjoy our life enrichment manager's favorite drink!

12

It's National Grilled Cheese Day! Come down to the campus room and enjoy a grilled cheese for lunch.

14

Come down to the bistro and enjoy a strawberry shortcake pick-up!

21

It's that time again. We will be having Resident Council. Come voice your concerns and learn about what is new in the community!

28

It's National Blueberry Pie Day! Come down to the bistro and enjoy a slice of blueberry pie!



# FOREVER FIT: FOCUS ON FITNESS

## 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 out side 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 | Forever Fit Manager

# EXECUTIVE DIRECTOR CORNER

Happy April to all as we welcome our rain showers to bring us our beautiful May flowers! We have been spoiled with some amazing weather in March and look to continue to take full advantage of it here at Waltonwood University. As we look ahead into this month, our plan is to start our outdoor grooming of the campus grounds so the community will show better than ever! As you may have already noticed, we have had the flower beds around the community touched up and bedded with mulch for the season. Over the next few weeks, our seasonal flowers and plants will be planted throughout the entrances and around the courtyards. Another plan for the community is to have the pond and fountain completely cleaned and disinfected this spring. These projects are what make the community really stand out and show its amazing features. The community has also purchased three brand new raised flower beds for each courtyard so that we can restart our gardening groups this summer! Exciting things to come here at Waltonwood University!

Jonathan Hills | Executive Director