



April Birthdays!

Residents

Lois R. – 4/6

Ron B. – 4/15

Eugene D. – 4/29

Staff

Katelyn P. – 4/6

Giselle M. – 4/13

Jennifer S. – 4/15

Vickie B. – 4/22

April Recipe
Mexican Style Burrito

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

Instructions

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

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.



\$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!

UNIVERSITY
CONNECT

APRIL 2021



3280 Walton Blvd
Rochester Hills MI 48309



Spring is Here!

“Spring: a lovely reminder of how beautiful change can be!”

We are all very excited that spring is finally here and warmer weather is on its way for all of us to enjoy!

COMMUNITY
MANAGEMENT

Jonathan Hills
Executive Director

Stephanie Leenhouts
Business Office Manager

Celeste Roth
Marketing Manager

Rehan Ahsan
Culinary Services Manager

Emily Harrison
Life Enrichment Manager AL

Allie Kovacs
Resident Care Manager

Vickie Berishaj
Wellness Coordinator

Katelyn Pesola
Life Enrichment Manager IL

Dave Mantels
Maintenance Supervisor

Josh Logan
Culinary Supervisor

Holly Weaver
Dining Supervisor

Angie Sorji
Dining Supervisor

Jennifer Strong
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Jennifer is our new Life Enrichment Assistant!

Hi everyone, I'm Jennifer and I am the new Life Enrichment Assistant 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 Southeastern University in Lakeland, Florida, and I am currently finishing up my Master's in Clinical Mental Health Counseling at Wayne State University. 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 working events or doing activities with the residents and Emily at Waltonwood, I enjoy yoga, meditation, being outdoors and brunch with friends."



MARCH HIGHLIGHTS

4

Residents & staff enjoyed our "Farewell to Winter Party" with delicious treats and a photo booth!

17

Residents wore green, watched a video about Ireland and enjoyed St. Patrick's Day snacks, décor and Bingo!



24

Residents enjoyed our first Waltonwood Farmer's Market selecting fresh flowers, baked goods and produce!

26

Our Life Enrichment Assistant, Jennifer gave a Travelogue presentation on Portland, Oregon!



FOREVER FIT APRIL JOURNAL:

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 season 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!

APRIL SPECIAL EVENTS

1

We will be celebrating Tiger's baseball Opening Day with a concession stand!

14

On National Gardening Day staff & residents will start planting flowers and decorating our courtyard!

15

We will be hosting a high tea for our residents on National Tea Day!

27

For International Jazz Day, we will be transforming our courtyard into a jazz club with music, mocktails & hors d'oeuvres!



EXECUTIVE DIRECTOR CORNER

Jonathan Hills| Executive Director

Happy April to all as we welcome our rain showers to bring us 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 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 added throughout the entrances and around the courtyards. Another plan for the community is to have the pond and fountain completely cleaned and ready to go this spring! These projects are what make our community stand out and show off 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!