



WHAT'S COOKING?

3 Make Your Own Trail Mix-3pm

17 No Bake Cheesecake for Shavuot-3pm

10 Bosco Sticks with Dips-3pm

31 Memorial Day Parfait-3pm

MOTHER'S DAY RECIPE-Denver Omelet Quiche

Ingredients

- 1 pie crust
- 1 green bell pepper, chopped (about 1 cup)
- 1 cup chopped or cubed ham
- 3/4 cup sliced green onion
- 1 1/2 cups shredded Swiss cheese
- 4 large eggs
- 3/4 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Instructions

1. Preheat oven to 375°F (190°C)
2. Layer the bell pepper, ham, green onion and shredded cheese in the pie crust. Set aside.
3. In a medium bowl, whisk together the eggs, milk, salt and pepper.
4. Pour the egg mixture over the pie filling.
5. Bake for 40 – 50 minutes or until eggs are fully set and pie crust is golden brown.
6. Allow quiche to cool for at least 15 minutes before slicing.

SEE MORE



FRIENDS & FAMILY REFERRAL PROGRAM

\$3500 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!

TWELVE OAKS CONNECT

MAY 2021



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May your days be bright and beautiful like the flower buds of May. ~Unknown

May will be a busy month with what we hope includes a lot of time spent outside on our patio and going for walks around the community. We cleaned our raised beds and pots. For Earth Day we planted zinnia, marigold, cucumber and green bean seeds and they are starting to sprout on our window sill in the Life Enrichment Room. In a few weeks when the possibility of frost is gone we will plant tomatoes, an herb garden and our seedlings. The residents have been enjoying the addition of the bird feeders outside of our dining room and they have brought many beautiful feathered friends.

We start out the month with the Kentucky Derby and May Day on May 1. Next we will enjoy a Fiesta on May 5 for Cinco de Mayo along with learning the Macarena and playing piñata. On May 7 we plan to honor our Moms with a special surprise from our families and a Mother's Day Tea. On May 9, we will have a wonderful day for our Moms. May 15 is Armed Forces Day, followed by Victoria Day on May 15 in which we will have a Victorian-style tea party. This busy month will end with Memorial Day on May 31 with many amazing community service opportunities and special events to honor those that passed protecting this great nation. We will also have a musical entertainer. It is so amazing to have Entertainers and Pet Therapy back in the community giving us hope of better days ahead. We also have a new bus driver, Dena so we look forward to visiting some parks and enjoy scenic drives. Most importantly we are so excited to see families coming to visit and enjoy all of the wonderful events that we have planned.

COMMUNITY MANAGEMENT

Richard Mabe
Regional Director

Gina Steigerwald
Executive Director

Deanna Hite
Business Office Manager

Alyssa "Lee" Tobias
Independent Living Manager

Alecia Greenberg
Life Enrichment Manager

Roger Pitts
Environmental Services

Heather Laskos
Marketing Manager

Binita Patel
Resident Care Manager

ASSOCIATE SPOTLIGHT-LIANA DARIO

Liana Dario is our kind and loving MC afternoon care giver. She has worked for Waltonwood for a little over a year. She had a wonderful relationship with her grandparents and knew she would enjoy working with Seniors. Many of the residents think that she is their granddaughter, and she happily goes along with it.

Liana was hoping to gain experience working here as she pursues her career in nursing. She has also worked at a hospital, but really enjoys working in MC.

Liana grew up in Plymouth with her twin sister Olivia and went to Ladywood High School in Livonia. She went to Schoolcraft College for 2 years and then transferred to Madonna College. She just found out that she was accepted into Madonna’s School of Nursing and will be starting in the Fall. She is leaning towards pediatric nursing. Liana has a dog named Katy and a cat named Tabby.

When she isn’t studying Liana enjoys going to the gym, hanging out with friends, and being with her family. She also loves playing tennis. There is no doubt that Liana has a very bright future and will be an excellent nurse.



TRANSPORTATION INFORMATION .
Welcome to our new bus driver Dena, we are so excited to have her joining our team.

- May 19: Spring Scenic Drive-11:00 a.m.
- May 21: LIVE-Under the Sea-2:00 p.m.
- May 26: Spring Scenic Drive-11:00 a.m.
- May 28: LIVE-Wildflowers

We are open for visits 2 family members at a time in the resident’s room, hope to see you soon.

Thank you for practicing social distancing

Protect yourself and others from infection

6 FEET OR MORE

SAFETY FIRST

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

APRIL HIGHLIGHTS

02 Coloring Easter Eggs. Spectacular colored eggs were made today. We even made some with speckles! After we used the eggs to make egg salad.

16 Connie’s 99th Birthday. What a amazing day for our fabulous Connie, who turned 99!!! She had quite a few celebrations as anyone that is 99 should. We decorated in her favorite color, blue.



22 Earth Day. We planted our seeds for our garden today. We planted green beans, cucumbers, zinnias, marigolds and shasta daisies. Thhhhhey are starting to become seedlings now. We also talked about endangered animals and the importance of taking better care of the Earth.

23 Senior Academy Awards. The paparazzi were in action as they took pictures of our gorgeous celebrities as they got glammed up and walked into the festivities. First we had a celebratory toast, then enjoyed some of their favorite appetizers, followed by an award ceremony. Each resident received a certificate telling the quality that makes them special.



MAY SPECIAL EVENTS

05 Cinco De Mayo. A fun-filled day starting with learning the Macarena, and then at 3pm we will have our Fiesta. We will enjoy playing the pinata game, eating some Mexican fare, and play a game of matching sombreros. The day before we will be making centepieces for our Fiesta.

08 Mother’s Day Tea and Surprise. Karen and I are so excited to have the Mom’s get their special surprise from their families. We will also have a wonderful trea party and ask them to share what they think makes them a wonderful mom.

21 Under the Sea Adventure. We will become under the sea explorers as we play games, watch and learn about sea life, do a sea shell art project and sing songs about the sea.

31 Memorial Day. Today we will take time to honor the brave women and men that gave their lives to make our great nation what it is today. We will have a parade, memorial service, patriotic music w/Jimi K and end with delicious Memorial Day Parfaits.



FOREVER FIT- Focus on Health

Mark Your Calendar

For the past 28 years the final Wednesday of May marks *National Senior Health and Fitness Day*. This annual event works to promote the importance of regular physical activity and exercise while highlighting the many health and fitness opportunities within your community. From fitness assessments to exercise classes and blood pressure screenings to informative talks on key health issues facing seniors, *National Senior Health and Fitness Day* is the perfect catalyst to refresh or jumpstart your fitness routine. Being active is essential at any age and it’s never too late to try something new. By adding as little as 30-minutes of daily exercise you can dramatically improve the way to move and feel plus stave off chronic health conditions like heart disease and diabetes. So, mark your calendars, and on Wednesday May 26th join with more than 100,000 other seniors across the country as we come together to celebrate *National Senior Health and Fitness Day*.

FROM THE DESK OF THE EXECUTIVE DIRECTOR

We are very excited to announce Waltonwood Twelve Oaks was awarded 2020 Best of the Best Assisted Living Facility and Retirement Community by the Detroit Free Press! This is an incredible honor, and we are so grateful for the support of those who voted for our us. Of course, these awards wouldn’t be possible without the residents of our community, who have been so patient and understanding as we all navigated the pandemic together. Community life has mostly returned to normal, and with the increasing prevalence of vaccines we expect to see additional changes coming soon. If you or your loved ones are in need of a vaccine, you can now schedule an appointment at:

<https://www.signupgenius.com/go/10c0c4aabad28a5f9c61-oakland>

Gina Steigerwald, CALD, CDP