

# MAIN CONNECT

JULY 2021

## COMMUNITY MANAGEMENT

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Executive Director

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Wellness Coordinator

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Wellness Coordinator

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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



## TIME TO CELEBRATE

This month, as we celebrate Independence Day, we hope you are able to safely spend time with family and friends. Whether you decide to gather for a BBQ or fireworks display, may it be a time to reconnect and enjoy your loved one's company.

Here at Waltonwood we plan to celebrate a little more freedom from the pandemic by getting out and about in the community on bus rides, picnics and ice cream outings. After over a year of isolation from family, friends, the community and even at times from our own neighbors here at Waltonwood, the need to connect and spend time together has become a priority. We are looking forward to a day soon where we can all gather together, residents, associates and families at an event like Camp Waltonwood, an Easter Egg Hunt and Breakfast, a Halloween Party or Holiday Dinner. In the mean time we wish you all a safe and enjoyable summer!

## SIGNATURE RECIPE

### Patriotic Cheesecake Parfaits

#### Ingredients:

- 8 ounces Neufchatel (light) cream cheese, at room temperature
- One 5.3-ounce container vanilla nonfat Greek yogurt
- 1/4 cup light sour cream
- 1/2 cup confectioners' sugar
- 6 chocolate wafer cookies, crumbled
- 1/2 cup crisp rice cereal
- 1/4 cups Grape-Nuts brand cereal
- 1 1/2 cups sliced strawberries
- 1 cup blueberries

#### Directions:

1. Beat the Neufchatel, yogurt and sour cream with an electric hand mixer until smooth. Stir in the confectioners' sugar and beat again until smooth.
2. Combine the crumbled cookies and cereals together in a small bowl.
3. Build the parfaits: Place a small spoonful of the cheesecake mixture in the bottom of each of 4 parfait glasses or wine goblets. Add a layer of fruit, followed by a second layer of the cheesecake mixture; top with a layer of the crumbs. Repeat. Arrange a final layer of berries on top, place a decorative dollop of the last of the cheesecake mixture and sprinkle with the crumbs.



## JULY BIRTHDAYS

Del E. 7/5

Alice S. 7/6

Delphine M. 7/14

John M. 7/18

Leon H. 7/27

## \$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

## ASSOCIATE SPOTLIGHT

### Eftimia “Mia” Ionescu

Mia was born in Bucuresti, Romania in 1960. She has one older brother. Her father was a dentist and her mother was a housewife. Mia enjoyed collecting stamps and playing tennis. Before working here at Waltonwood, Mia worked in management at Meijer for 17 years. Mia met her husband because they lived in the same neighborhood in Romania. They were married there and have 3 children.

Mia's favorite movie is "Gone With the Wind". Her favorite song is by the Moody Blues, "Nights in White Satin". Her favorite book is *The Old Man and the Sea*. Her favorite ice cream flavor is chocolate. If she could travel anywhere in the world, she would go to Bora Bora. In her free time, Mia likes to go walking and spend time with her grandchildren. She enjoys working here at Waltonwood because she likes helping people to feel better. You might be surprised to know that Mia is very scared to drive on freeways. Her biggest accomplishment in life is her children. Mia is very passionate about everything she does.



## A FRESH START

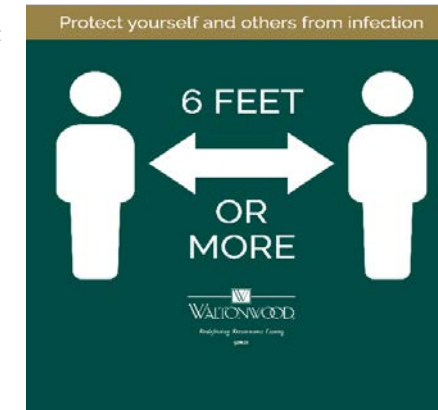
A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months however have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, *"life gets in the way"* and that's ok. The good news is that it's never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now's the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest self. While many of us are ready to re-establish our exercise routine, many of us don't quite know where to begin. By taking some time to meet with our fitness team whether for just a few quick questions or a full assessment we can help identify your strengths, pinpoint your weaknesses and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

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 2<sup>nd</sup> floor and one is near the elevator on the 1<sup>st</sup> 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.

Thank you for practicing social distancing



## JUNE HIGHLIGHTS

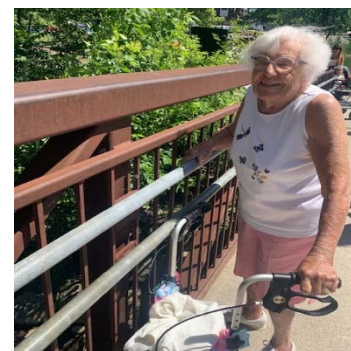
01

Our resident, Dorothy, has a green thumb! Thanks for helping us plant our potted flowers for the courtyard!



15

Del enjoys the afternoon at Rochester Park by soaking up the sun and watching the ducks swim!



16

Life is sweet at Waltonwood! Residents enjoyed a Strawberry Shortcake Social and Sing Along!



18

We celebrated our Waltonwood fathers with a Beer & Brats BBQ. A good time was had by all!



National Wrong Way Corrigan Day on July 17th commemorates the transatlantic flight of an Irish-American stunt pilot from Galveston, Texas. Douglas Corrigan (January 22, 1907 – December 9, 1995) gained notoriety for an unplanned transatlantic flight to Ireland on July 17, 1938. Growing up as a boy, Douglas Corrigan's fascination with flight was not uncommon. Charles Lindbergh's transatlantic flight may have been the most impressionable moment in his young life. In 1938, the young stunt pilot flew from his home in California to New York. Upon his arrival, he asked for permission to duplicate his hero's historic flight. Unfortunately, the flight service quickly denied his request due to the age of his 1929 Curtiss Robin aircraft. With only a magnetic compass, Corrigan advised officials he was returning to California. According to the story, after takeoff, cloud cover prevented Corrigan from accurate navigation. When Corrigan dropped below the clouds hours later, he saw nothing but water. Then Corrigan realized his navigation was off. Despite the confusion, he continued on his journey. Surprisingly, 28 hours later, he landed in Ireland. Corrigan's story of his flight never faltered. Despite accusations that he secretly planned this flight, Corrigan held fast to his original explanation.

Lance Helton | Executive Director