



Happy Birthday!

Eleanor 7/13

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!

PATRIOTIC CHEESECAKE PARFAITS

Ingredients:

- 8 ounces 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.

\$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

JULY 2021



Summertime And The Livin' Is Easy

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!

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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



### EFTIMIA “MIA” LONESCU

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 her 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 is doing.

Thank you for all you do at Waltonwood Main!



### JULY HIGHLIGHTS

6/2

Pet Therapy Day

6/9

Canoe Woodworking Craft



6/9

Cruising Down the River Party

6/21

Father's Day Golf Par-tee



### 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 reestablish 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*

### TRANSPORTATION INFORMATION



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

Programs subject to change.

### JULY THEME DAYS

7/7

Made in Michigan Day

7/14

Popcorn Day

7/21

New York Day

7/28

Hawaii Day



### EXECUTIVE DIRECTOR CORNER

#### NATIONAL WRONG WAY CORRIGAN DAY

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.

<sup>03</sup> – Lance Helton | *Executive Director*