



Celebrating Birthdays in July!

Residents:

July 1st
June Tobey
July 3rd
Bill Fleming
June 18th
John Ortman
July 20th
Tom Howell
July 26th
Pat VonSchoick
June 26th
Gay Ann Davis
June 28th
Joyce Berard

Staff:

July 1st
Gary Milburn
July 3rd
Jordia Kadiu
July 4th
Josh Logan
July 9th
Sarah McCabe
July 10th
Kaylin Armstrong
July 11th
Tracey Mahoney
July 12th
Natasha Wolf
July 18th
Alyssa Roehl
July 24th
David Mantels
July 26th
Stephanie Leenhouts
July 28th
Dorothy Dowell

IN THE KITCHEN

4th of July Icebox Cake

Yield: 12 Servings

Ingredients:

1 box graham crackers
1 pkg cream cheese, softened
2 pkgs (3.4oz each) instant vanilla pudding mix
2 & 1/2 cups cold milk
3/4 cup heavy cream
2 cups sliced strawberries
2 cups blueberries

Instructions:

In a medium bowl and using an electric mixer; beat the heavy cream until stiff. Set aside. In a large bowl, beat the cream cheese and the dry pudding mix until combined. Gradually beat in the milk until smooth. Fold in the whipped cream. Spread a thin layer of filling onto the bottom of a 9×13" baking dish. Layer the graham crackers on top. Spread 1/3 of the filling onto the crackers. Sprinkle half of the blueberries over the cream. Repeat with half of the strawberries. Repeat with another layer of crackers and remaining cream filling. Decorate with the rest of the berries. Cover and chill for 4 hours or overnight. Serve cold.

Rehan Ahsan | Culinary Service Manager



UNIVERSITY CONNECT

JULY 2021



Our Hearts Are Filled With Pride

*Our flag is painted in the proud colors
of white, red and blue,
Our hearts are filled with a sense of
deep pride and solitude.
We salute all our brave heroes who
fought for our country,
They built a new world for us
with fairer boundaries.*

Have a great Fourth of July!

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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

Sarah McCabe
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 Michael Davidson, one of our dining room servers!

Hi, my name is Michael. I am a dining room server and some days I help out at the front desk as a concierge. I am a very outgoing and funny person, which helps me with everything that I do here at Waltonwood University. I enjoy working here at Waltonwood and while it may seem like I am here a lot, I still find time to do things for myself. When I'm not working, I love to hang out with my friends. Working at Waltonwood has taught me to be more patient and problem solve in difficult situations. I am appreciative of all the residents that I have gotten a chance to get to know and learn from. Thank you for letting me be a part of your lives!



JUNE HIGHLIGHTS

04



National Donut Day!
Our residents enjoyed donut ice cream sundaes inspired by Yates Cider Mill!

20



Happy Father's Day!
The men of Waltonwood were treated to a special lunch cookout including burgers and root beer floats!

25



Our crafty ladies made adorable sassy girl flower pots!

30



We celebrated the 4th of July early with patriotic ice cream sundaes!

FOREVER FIT: FOCUS ON FITNESS

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 | Forever Fit Manager

OUTING SCHEDULE

7/7 1 p.m. Grand Traverse Pie Company	7/13 9:30 a.m. Greektown Casino	7/16 1:00 p.m. Lucky's Steakhouse
7/23 1:00 p.m. Hobby Lobby Outing	7/27 11:30 a.m. Jagged Fork Brunch	7/28 4:00 p.m. Golden Eagle Dinner

Our 1:30 p.m. Sunday outings have become Resident Choice outings! All outings are subject to change!

Please make sure that you sign up for all outings in the life enrichment binder

Driving Schedule

Monday: Doctor Appointments
Tuesday: Outings
Wednesday: Grocery Store/Outings
Thursday: Doctor Appointments
Friday: No Outings/Appointments
Sunday: Church Services



JULY SPECIAL EVENTS

04

Happy Fourth of July!
We will be celebrating with a festive treat pass-out and a BBQ cookout for dinner!

09

Resident and Staff favorite!
We will be having Tony Baloney's party subs once again for a lunch pick-up! Don't miss out!

12

Come learn about Spectacular Rochester!
Someone from the Rochester Museum will be here to give a lecture about Rochester!

16

It's National Ice Cream Day! Come down to the bistro and enjoy an ice cream sundae!

19

Wellness Day!
Ascension hospital Will be here performing Balance assessments and Checking blood pressure!

23

It's National Hot Dog Day! Come down to the campus room to a coney dog and a variety of toppings!



EXECUTIVE DIRECTOR CORNER

As we all know, the first thing we think of when we enter the month of July is "how am I celebrating Independence Day?" The 4th of July is the party of the summer, however you celebrate! Some things I enjoy doing during the holiday weekend may include having a BBQ, watching fireworks, lounging on the boat, or even having a refreshing cocktail by the pool! While all of these activities may be part of the 4th of July, the main focus of the holiday should be spending quality time with our family and friends. It's important as a citizen of the United States that we appreciate the independence that we have! So as we enter the holiday weekend, I ask that all of our residents, families, and associates take the time to celebrate Independence Day. If you are a resident who is staying at the community for the 4th, Chef Rehan will be having a BBQ for all to enjoy a summer meal... Delicious!

Jonathan Hills | Executive Director