



September Birthdays!

Residents

Waultina D. – September 9th
Natalie P. – September 13th

Staff

JayQuan C. – September 2nd
Brennen B. – September 3rd
Constance J. – September 6th
Sandra H. – September 11th
Destiny M. – September 19th
Yazmin W. – September 26th
Kevin K. – September 27th

WALTONWOOD
BISTRO



From our kitchen
to yours...

HOMEMADE Mac & Cheese

Ingredients

- 8 ounces uncooked elbow macaroni
- 2 cups shredded sharp Cheddar cheese
- ½ cup grated Parmesan cheese
- 3 cups milk
- ¼ cup + 2 T butter or margarine, divided
- 2 ½ T all-purpose flour
- ½ cup bread crumbs
- 1 pinch paprika

Instructions

Cook macaroni according to the package directions. Drain and set aside. In a saucepan, melt 1/4 cup butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to the roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well. Melt 2 T butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika. Bake at 350° for 30 minutes. Serve immediately.



WALTONWOOD
Redefining Retirement Living

UNIVERSITY CONNECT

SEPTEMBER 2021



“By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer.”

— *Helen Hunt Jackson*

WALTONWOOD®
Redefining Retirement Living

SINGH

3280 Walton Blvd
Rochester Hills MI 48309

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

Taylor Crowe
Maintenance Supervisor

Josh Logan
Culinary Supervisor

Sara McCabe
Dining Supervisor

Angie Sorji
Dining Supervisor

Jennifer Strong
Housekeeping Supervisor



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!



NATIONAL ASSISTED
LIVING WEEK
SEPTEMBER 12-18, 2021

Prevail
PROVEN
OFFICIAL SPONSOR

EMPLOYEE SPOTLIGHT

Emily is one of our talented cooks!

Hi, I'm Emily. I'm the senior morning cook here at Waltonwood. I've been cooking for almost 4 years and have always enjoyed making new dishes for people to enjoy.

Currently, I am enrolled at Macomb Community College and am working towards a degree in psychology and early childhood development. My goal is to work with children with disabilities. When I'm not cooking, I'm either studying for classes, reading a new book series, or spending time with my family. I have a few nieces and nephews that I spend most of my time with outside of work. During the weekends, I really enjoy going to local museums with friends and learning new things.

Since being with Waltonwod, I've learned so many new skills and techniques. I am incredibly grateful for the opportunities Waltwonwood has offered me!



AUGUST HIGHLIGHTS

4

Music performance with Billy McCallister!

6

Waltonwood Olympics Closing ceremony celebration!



10

National S'mores Day Treats!

23

Back to school photos for our Pen Pals!



FOREVER FIT SEPTEMBER JOURNAL:

Listen Up!

Aches, pains, sprains and strains are all just a common part of daily life. How we manage them, however, can have a much greater impact on our long-term health and wellbeing. Exercise is important, sleep is essential and our bodies are constantly sending us signals and messages that act as a sign of when we need to move more and when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our self-health a top priority. You are the one true expert on your own body, so be attentive, be truthful and listen to the messages that your body is giving you!

Chris Grabowski | Forever Fit Manager

Life Enrichment Updates

We are still offering bus trips and joy rides by the Life Enrichment Team & other scheduled appointments with our bus driver Gary! Please see Emily for more information.

September Outings:

Sep. 1st - Emagine Movie Theatre – Respect the Aretha Franklin story

Sep. 8th - Red Knapp's Dairy Bar

Sep. 15th – Petting Farm is coming to our community!

Sep. 22nd - Yates Cider Mill

Some of our consistent weekly activities include:

Morning Exercise – Everyday at 11:00am

Bingo – Every Tuesday & Thursday at 3:00pm

Coffee/Tea Social – Every Wednesday at 11:00am

Manicures – Every Friday at 1:30pm

SEPTEMBER SPECIAL EVENTS

1

Resident outing to see the new Aretha Franklin movie “Respect!”

12

Grandparents Day & the stared of Assisted Living week!

17

We will be ending Assisted Living week with a community wide outdoor movie night!

22

To celebrate the first day of fall, residents will be going to Yate’s cider mill!



EXECUTIVE DIRECTOR CORNER

As Labor Day weekend comes to an end and we see summer in the rearview mirror, we look forward to see what fun events we have planned in September. There is one week each year in September called “Assisted Living Week” where we take time to celebrate our residents in the community, along with our staff who provide the services they need day in and day out. This is a great opportunity for us as leaders of the community to show appreciation to all of the hard-working staff we have here at Waltonwood. It takes an army of dedicated individuals to ensure this community operates at the high-quality level we expect to provide! Assisted Living week starts on September 12th and runs through September 18th. We have many fun events planned that entire week for the whole community to join in on and have some fun! We hope that all of our residents, families, and associates are able to join in on our celebration!

Jonathan Hills | Executive Director