



Happy Birthday!

Joanne 10/03
Frank 10/08

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!

HEALTHY FALL PUMPKIN CHILI

Ingredients

- 2 TB olive oil
- 1 onion, diced
- 7 cloves garlic, chopped
- 1 tsp sugar
- 1 TB chili powder
- 1 TB ground cumin
- 1 tsp pumpkin pie spice
- 2 tsp oregano
- 2 tsp ground coriander
- 1 lb ground turkey
- 3 TB tomato paste
- 2 green + 1 orange/yellow bell pepper, seeded and chopped
- 2 cans (14.5 oz each) fire-roasted tomatoes, with juices
- 3 cups chicken or turkey broth
- 2 (14 oz each) cans black beans, rinsed well and drained
- 1/2 cup pure pumpkin puree
- kosher salt and freshly ground black pepper
- shredded cheddar cheese for topping, optional

Directions

1. In a large heavy pot or Dutch oven, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine, 10 seconds.
2. Add ground turkey to pot and sprinkle 1 tsp salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds.
3. Add bell peppers, fire-roasted tomatoes with juices, and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min or until heated through. Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm, with shredded cheddar cheese if desired.

\$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

OCTOBER 2021

Humana PRESENTS ACTIVE AGING WEEK INTERNATIONAL COUNCIL ON ACTIVE AGING

ACTIVE AGING WEEK

At Waltonwood, we are dedicated to providing a variety of activities that keep our residents vibrant and active. The first week of October we are celebrating our awesome active residents with an entire week showcasing some of our best programs. Some of these activities include: Guitar with Bobby, a Healthy Cooking class, chair yoga and Drums Alive! Please also lookout for a special Halloween Dance Recital by the RARA Rochester Dance Team. As always, we thank you for choosing Waltonwood as your home and wish you a happy and healthy Fall season.

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Facebook: /WaltonwoodMain

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

DIONDRA SIMMONS

Diondra was born in Pontiac, MI on February 5, 1984. She is the oldest of 5 sisters and 1 brother. Her Mother was a stay-at-home Mom and her Dad drove semi-trucks. Diondra grew up in Westside Pontiac and attended Webster Elementary and Pontiac Central High School. She enjoys playing basketball and volleyball for fun. For 6 six, Diondra worked in Automotive, sewer and industrial companies and then became a CAN. She has been with her High School sweetheart for 20 years. Diondra has 20 nieces and nephews! Her favorite ice cream is strawberry and movie is The 5 Heartbeats. In her free time, Diondra enjoys going to the casino, bingo and traveling. She likes working at Waltonwood because she loves her residents. You would be surprised to know that Diondra is very shy! If she could travel anywhere, she would like to go to Dubai. Thank you for all you do at Waltonwood Main!



SEPTEMBER HIGHLIGHTS

9/8

Ceramic Painting

9/8

Apple Picking at Westview Orchards



9/13

Making Lavendar Sachets

9/16

Camp WW



BUILDING BETTER BONES

While many of us exercise to keep strong, healthy muscles the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

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.

OCTOBER THEME DAYS

10/3

Active Aging Week Begins

10/13

Pizza Party

10/20

Pumpkin Patch

10/27

Halloween Party



EXECUTIVE DIRECTOR CORNER

The month of October has arrived, so let’s catch up with a few facts about the first full month of fall.

Interested in Astrology? The zodiac signs for the month of October are Libra (up to October 22) and Scorpio (after the 23rd of October.)

If you love gardening, the birth flower is calendula (family of marigolds) and the birthstones are opal and tourmaline.

Breast Cancer awareness is a big focus of this month and the pink breast cancer ribbon is seen everywhere.

October is full of a month of fun food days like Pumpkin Seed Day and Homemade Cookies Day. It is also a time to celebrate Columbus Day and Southern Food Heritage Day.

– Lance Helton | Executive Director