

MAIN CONNECT

OCTOBER 2021

COMMUNITY MANAGEMENT

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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



ACTIVE AGING WEEK

Active Aging Week is celebrated October 4-10, 2021. It is a week where we focus on the capabilities of our residents and promote a healthy, active lifestyle at any age. We encourage our residents to live as fully as possible in all aspects of their lives, including physical, social, emotional, intellectual, spiritual, vocational and environmental.

Check the calendar this month, and every month, for programs that focus on all of these areas and offer an opportunity for you to grow. Challenge yourself by trying out a new program! You may just find something new that you love.

“Aging is not lost youth but a new stage of opportunity and strength.”

-Betty Friedan

SIGNATURE RECIPE

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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

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 six years, Diondra worked in automotive, sewer and industrial companies and then became a CNA. She has been with her high school sweetheart for 20 years. Diondra has 20 nieces and nephews! Her favorite ice cream is strawberry and her favorite 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

08

Sunshine, fresh air, wagon ride, apple picking and friends! What better way to spend an afternoon??

11

We wouldn’t trade any of our residents for 100 Grand! Happy Grandparents Day to all!



14

Linda LOVES pansies so of course we asked her to help us plant some in our porch pots!



16

Residents enjoyed a courtyard concert with the CrossWalk Band and S’mores by the fire!



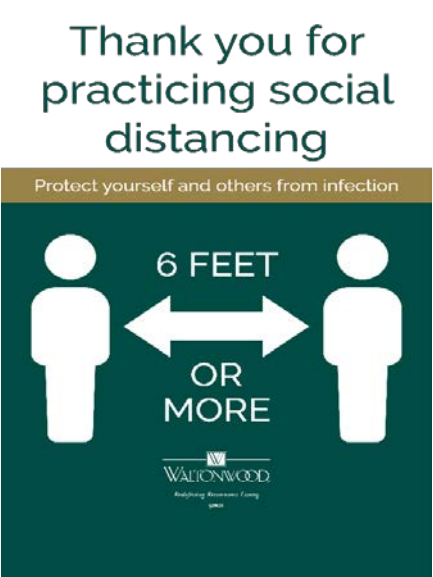
BUILDING BETTER BONES

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*

IN TOUCH SCREENS

Have you checked out the InTouchLink Screens located in the community??? One is by the front desk on the 2nd floor and one is is near the elevator on the 1st 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.



Fun Facts about October

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