



October Birthdays!

Residents

Shirley B. – Oct. 17th

Staff

Jasmine T. – Oct. 13th
Gail P. – Oct. 15th
Louise B. – Oct. 17th
Ashili L. – Oct. 19th
Azariah P. – Oct. 25th
Dante P. – Oct. 28th

WALTONWOOD
BISTRO



*From our kitchen
to yours...*

BEST CHILI

Ingredients

- 1 T olive oil
- 1 medium yellow onion, diced
- 1 lb 90% lean ground beef
- 2 1/2 T chili powder
- 2 T ground cumin
- 2 T granulated sugar
- 2 T tomato paste
- 1 T garlic powder
- 1 1/2 t salt
- 1/2 t ground black pepper
- 1/4 t ground cayenne pepper (optional)
- 1 1/2 C beef broth
- 1 (15 oz) can petite diced tomatoes
- 1 (16 oz) can red kidney beans, drained and rinsed
- 1 (8 oz) can tomato sauce

Instructions

In a large soup pot, add olive oil and heat for two minutes. Add onion. Cook 5 minutes, stirring occasionally. Add the ground beef, break it apart with a wooden spoon. Cook for 6-7 minutes, until beef is browned, stirring occasionally. Add chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until combined. Add broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well. Bring to a low boil. Reduce heat to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally. Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.



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!

UNIVERSITY CONNECT

SEPTEMBER 2021

WALTONWOOD®

Redefining Retirement Living

SINGH

3280 Walton Blvd
Rochester Hills MI 48309



**“Listen! The wind is rising, and the air is wild
with leaves,
We have had our summer evenings, now for
October eves!”**

— *Humbert Wolfe*

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

Resident Care Manager

Vickie Berishaj
Wellness Coordinator

Katelyn Pesola
Life Enrichment Manager IL

Taylor Crowe
Maintenance Supervisor

Culinary Supervisor

Sara McCabe
Dining Supervisor

Angie Sorji
Dining Supervisor

Jennifer Strong
Housekeeping Supervisor

EMPLOYEE SPOTLIGHT

Nida is our Life Enrichment volunteer!

Hello! My name is Nida Shareef and I am a new volunteer at Waltwonwood University! I am currently a freshman at Wayne State University majoring in Public Health.

I decided to volunteer at Waltonwood for many reasons, but mainly to enhance the overall well-being of our seniors and make a difference in their lives.

Some fun facts about myself are that I love to play tennis, read in my spare time and hang out with my friends!



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.

October Outings:

October 6th – Rochester Municipal Park

October 13th – Rochester Cider Mill

Some of our consistent weekly activities include:

Morning Exercise – Everyday at 11:00am

Bingo – Every Tuesday & Thursday at 3:00pm

Resident Happy Hour – Every Friday at 2:00pm

Manicures – Every Friday at 11:30am

SEPTEMBER HIGHLIGHTS

13

We kicked off Assisted Living week with a hot dog cart!

17

Staff & residents enjoyed ice cream sundaes and our caricature artist!



17

We ended Assisted Living week with our outdoor movie night!

22

Resident outing at Yates Cider Mill!



OCTOBER SPECIAL EVENTS

6

Residents will be enjoying the afternoon at the Rochester Municipal Park!

13

We will be taking a scenic drive to the Rochester Cider Mill!

21

Fall baking – homemade applesauce with our pastry chef, Jorida!

29

Halloween Social!



FOREVER FIT OCTOBER JOURNAL:

Building Better Bones

While many of us exercise to keep strong, health muscles, the benefits out 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 combat the decline becomes more essential A regulat exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

Chris Grabowski | Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

The month of October has arrived! Here is a list of speical events that will be celebrated in the community. We are excited for fall and to celebrate with our Waltonwood family!

-October is breast cancer awareness month! This is the time of year where the pink ribbon is seen everywhere to bring awareness to this disease. The community will be offering pink ribbons to our associates, residents & families to fill out for anyone who has been affected.

-Halloween falls on the last Sunday of the month, which means a lot of children will be our trick-or-treating!

-Other fun days include Active Aging Week, National cookie day, National do something nice day & Emotional wellness month!

Jonathan Hills | Executive Director