



## Celebrating Birthdays in October!

**Residents:**

**October 9<sup>th</sup>**

**Pat Fleming**

**October 10<sup>th</sup>**

**Winnie Swoffer**

**October 13<sup>th</sup>**

**Peggy Lieffers**

**October 15<sup>th</sup>**

**Virginia Dale**

**October 30<sup>th</sup>**

**Jeanette Beaurguard**

**October 30<sup>th</sup>**

**Michael Lieffers**

**Staff:**

**October 10<sup>th</sup>**

**Michael Kapanowski**

**October 13<sup>th</sup>**

**Jasmine Tate**

**October 15<sup>th</sup>**

**Gail Pedersen**

**October 16<sup>th</sup>**

**Renee Capouellez**

**October 17<sup>th</sup>**

**Tina Bass**

**October 19<sup>th</sup>**

**Ashili Lee**

**October 25<sup>th</sup>**

**Azariah Patton**

**October 28<sup>th</sup>**

**Dante Peeples**

## IN THE KITCHEN

### Pumpkin Pie Breakfast Bake



#### Ingredients:

2 cans (17.5 oz) refrigerated Pillsbury™ Grands!™ Pumpkin

Spice Rolls with Pumpkin Spice Icing (5 Count)

4 eggs

1/2 cup canned pumpkin

1/4 cup packed brown sugar

1 teaspoon ground cinnamon

1 can (5 oz ) evaporated milk

2/3 cup coarsely chopped pecans

#### Directions:

1) Heat oven to 375°F.

2) Separate dough from both cans into 10 rolls. Cut each into 8 pieces; place in ungreased 13x9-inch (3-quart) glass or ceramic baking dish.

3) In medium bowl, beat eggs, pumpkin, brown sugar, cinnamon and milk with whisk until well blended. Pour evenly over cut rolls in dish.

Sprinkle pecans over top.

4) Bake uncovered 30 minutes. After 30 minutes, cover baking dish with foil. Bake covered 10 minutes longer or until top is browned.

5) Remove from oven to cooling rack. Uncover; cool slightly, about 10 minutes. Pour icing evenly over top.

# UNIVERSITY CONNECT OCTOBER 2021



## October

*October's the month  
When the smallest breeze  
Gives us a shower  
Of autumn leaves.*

*Bonfires and pumpkins,  
Leaves sailing down -  
October is red  
And golden and brown.*

*October leaves are lovely  
They rustle when I run  
Sometimes I make a leap  
And jump in them for fun.*

*Autumn leaves float quietly down  
And form a carpet on the ground.  
But when those leaves are stepped upon,  
Listen for the crackling sound.*



*Redefining Retirement Living*

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## COMMUNITY MANAGEMENT

Jonathan Hills  
Executive Director

Celeste Roth  
Marketing Manager

Brennen Bollinger  
Move-In Coordinator

Stephanie Leenhouts  
Business Office Manager

Katelyn Pesola  
Life Enrichment Manager IL

Emily Harrison  
Life Enrichment Manager AL

Taylor Crowe  
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 this month is Nida Shareef, our new Life Enrichment volunteer!

Hello! My name is Nida Shareef and I am a new volunteer at Waltonwood 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 while also giving back to them. Some fun facts about myself are that I love to play tennis, read, and hang out with my friends!



# UPCOMING OUTINGS

10/5 9:30 a.m. Rochester Brunch House	10/6 1:30 p.m. Dollar Tree Outing	10/10 1:30 p.m. Target Outing
10/12 3:30 p.m. Mitchell's Fish Market Happy Hour	10/17 1:30 p.m. Portillo's Restaurant	10/19 9:30 a.m. Greektown Casino

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\**



We are starting to plan our resident and staff talent show!

If you are interested in participating, please sign-up in the Life Enrichment binder!

The show is planned for sometime in November; more details to come!

# SEPTEMBER HIGHLIGHTS

1



It was National College Colors Day! Residents wore their favorite college gear and enjoyed a delicious treat!

14



General Dogs served up a delicious lunch for our residents and staff!

17



Waltonwood Movie Night! Residents enjoyed watching a movie under the stars!

29



Residents enjoyed fall treats made by our pastry chef, Jorida!

# OCTOBER SPECIAL EVENTS

01

It's National Pumpkin Spice Day! Come down to the bistro to enjoy a pumpkin spice latte!

04

Colleen from the OPC will be here to do a presentation talking about all the wonderful things the OPC has to offer!

08

It's Active Aging Week and we are ending with a healthy salad lunch pick-up! Come down to the campus room to enjoy a make your own salad bar!

18

It's an apple cider happy hour! Come down to the bistro to enjoy some spiked apple cider and some donuts!

25

Oakland Home Care will be in the community for our flu shot clinic. OHC will be coming around to residents room to give them their shot!

29

It's a Halloween Happy Hour! Come down to the campus room and enjoy a drink, as well as a caricature artist!



# FOREVER FIT: FOCUS ON FITNESS

## 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 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 | Forever Fit Manager

# EXECUTIVE DIRECTOR CORNER

The month of October has arrived! Here is a list of special events that will be celebrated in the community:

-October is breast cancer awareness month! This is the time of the 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, and families to fill out for anyone who has been affected.

- Halloween falls on the last Sunday of the month, which means lots of Children out trick-or-treating!

- Other days include national cookie day, national do something nice day, and emotional wellness month!

It's great to take these eventful days, plan a fun event, and celebrate with our Waltonwood family!

Jonathan Hills | Executive Director