



Happy Birthday!

Marjorie 1/20  
Fran 1/21

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

6 FEET  
OR MORE



FRIENDS & FAMILY REFERRAL PROGRAM!

SNOWBALL COOKIES

Ingredients

- 2 ¼ cups flour
- ¾ cup finely chopped walnuts
- ½ teaspoon salt
- 1 cup butter softened
- 1 teaspoon vanilla
- ½ cup powdered sugar (plus extra for dusting)

Directions

1. Preheat oven to 400. Line a baking sheet with parchment paper.
2. Combine flour, walnuts and salt in a small bowl. Set aside.
3. Beat butter, vanilla, and powdered sugar with a mixture until creamy.
4. Turn the mixer to low and add flour mixture until combined.
5. Form dough into 1” balls and place on prepared pan.
6. Bake 8-10 minutes or until bottom edges of cookies are lightly browned.
7. Cool a few minutes. Roll in extra powdered sugar.

\$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

JANUARY 2022



TOAST TO A NEW YEAR

A brand new year is right around the corner! It's exciting (and maybe a little scary), but time waits for no one – 2022 will be here soon. Have you thought about taking on any New Year's resolutions? Taking on a fun and easy challenge might be just what you need. To help you get started, here are some good New Year's resolution ideas:

- Drink enough water
- Move more, sit less
- Take mini adventures
  - Prioritize health
  - Learn a new skill
  - Floss every day

As always, we thank you for choosing Waltonwood Main as your home, and we wish you a happy and healthy New Year!

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COMMUNITY MANAGEMENT

- Lance Helton  
Executive Director

Renata Lenczewski, BSN  
Resident Care Manager

Lauren Wolanin  
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



CADIE PERKETT

Cadie was born on August 25, 1991. She has one younger brother. Her mother was a stay-at-home mom until her brother and her were in high school. Her father worked out of state and was only home every other month. Cadie grew up in Lapeer, attending Mayfield Elementary. She then went to Lapeer West Mott for her CNA and now is at Macomb for her RN.

Growing up Cadie rode and showed (Western) horses. She has worked as a pizza delivery driver and in home health as an aide. She has one daughter, Remmington, almost 3. Her favorite movie is "Sweet Home Alabama". She has too many favorite songs to choose one, but loves Classic and New Country. Her favorite ice cream flavor is Butter Pecan. In her free time she likes to work in the garden and do crafts. She also loves to sing. She likes working at Waltonwood because she enjoys bringing a smile to the residents. Her biggest accomplishment to date has been moving out of her parent's house at 18 and working 2 jobs while also taking care of her great grandma. Thanks for all you do here at Waltonwood! Thank you for all you do at Waltonwood Main!



DECEMBER HIGHLIGHTS

12/1

Chrstitmas Decoration  
Comittee

12/8

Home for the Holidays



12/13

Making Gingerbread  
Houses

12/15

White Elephant Gift  
Exchange



FRIENDLY FITNESS

If you're like many, finding the motivation to exercise during the cold dark days of winter can be a real struggle. Staying active when your mind and body aren't in sync can be a major roadblock to creating a consistent fitness routine. A great way to beat this barrier is to grab a friend, or two, and tackle those winter workouts together. Exercising with a buddy creates a sense of accountability that has been shown to greatly improve your chances of long-term success. By adding a social element to your routine also helps manage stress, improve emotional wellbeing and increases overall enjoyment when compared to exercising alone. So, the next time you like skipping a workout and you need that extra motivation get some friends and get moving because there's strength in numbers.

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. Please make sure your loved one has hats, gloves, scarves and a warm coat.

Programs subject to change.

JANUARY THEME DAYS

1/5

Penguin

1/12

Cozy Cabin

1/19

Snowflake Party

1/26

Hawaiian Luau



EXECUTIVE DIRECTOR CORNER

National Compliment Day is on January 24th offers a wonderful way to brighten someone's day or to give credit for a job well done! Give an extra compliment annually on January 24th and any time one is deserved. A compliment has a powerful effect. It can instill confidence in a child, or validate someone's hard work. A compliment not only improves the receiver's mood, but it also says something about the giver. It tells them you noticed. Whether we recognize someone's achievement or their classic style, a compliment can go a long way.

To give a great compliment, first be sincere. People have a way of knowing when we are fake. If you don't mean it, it's worse than getting a thoughtless birthday gift

Complimenting character versus a new haircut are different rewards. The first says you respect the person and the other tells them you paid attention. Sometimes the receiver needs to hear one or the other, or both.

Human beings like to be unique, original. Strive to give a compliment about what makes a person stand out above the rest. Take the time to reflect on what you admire about the person.

– Lance Helton | Executive Director