



March Birthdays!

Residents

Henrietta S. – 3/2

Margaret S. – 3/24

Staff

Amberlee Lowe- March 4

Robbie Glispie- March 14

Susan Vida- March 22nd

Jonathan Hills- March 23rd

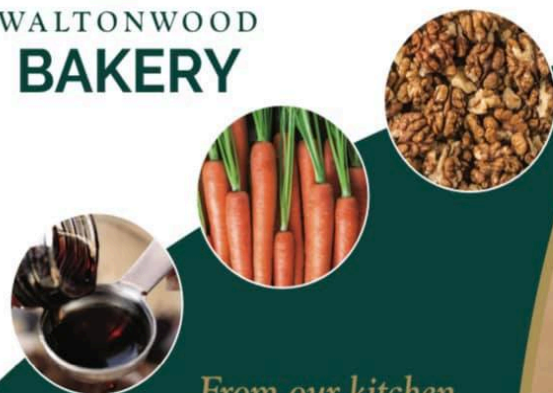
Diane Ghaleb- March 21st

Luis Felipe Villa- March 24th

Taylor Crowe- March 30th

Mary Pero- March 31st

WALTONWOOD
BAKERY



*From our kitchen
to yours...*

CARROT CAKE SQUARES

Ingredients for cake

- 2 spice cake mixes, plus ingredients on box
- 2 C carrots, grated
- 1 C walnuts, chopped

Ingredients for frosting

- 8 oz cream cheese, softened
- 3/4 C butter, softened
- 2 t vanilla extract
- 6 C confectioners' sugar
- 2 T milk
- garnish walnuts (optional)

Instructions

Preheat oven to 350°. Spray 16" x 21" x 1" baking sheet with non stick cooking spray. Combine ingredients as listed on cake mix box, add carrots and walnuts. Pour into prepared pan. Bake 28-30 minutes or until a toothpick inserted into the center comes out clean. Cool completely. For the frosting: cream together the cream cheese and butter until fluffy, about 2-3 minutes. Add vanilla and mix until combined. Add sugar, 1 cup at a time, with milk as needed to reach desired consistency. Cut into 35 squares. Spread or pipe on frosting and top with walnuts.



UNIVERSITY CONNECT

MARCH 2022



“The Echoing Green”

*The sun does arise,
And make happy the skies.
The merry bells ring
To welcome the spring.
The skylark and thrush,
The birds of the bush,
Sing louder around,
To the bells' cheerful sound,
While our sports shall be seen
On the echoing green.*

— William Blake



Redefining Retirement Living

SINGH

3280 Walton Blvd
Rochester Hills MI 48309

COMMUNITY MANAGEMENT

Jonathan Hills
Executive Director

Stephanie Leenhouts
Business Office Manager

Brennen Bollinger
Independent Living Manager

Celeste Roth
Marketing Manager

Steven Alves
Culinary Services Manager

Emily Harrison
Life Enrichment Manager AL

Katelyn Pesola
Life Enrichment Manager IL

Derricka Mason
Resident Care Manager

Henry Peeples
Wellness Coordinator

Taylor Crowe
Maintenance Supervisor

Sara McCabe
Dining Supervisor

Angie Sorji
Dining Supervisor

Jennifer Strong
Housekeeping 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! Ask for details!

EMPLOYEE SPOTLIGHT

Hi, my name is Tina and I am the second shift concierge on the Independent Living side here at Waltonwood. I have been working here for the past seven months and have met some really nice and interesting people. I have learned so much about our residents. I enjoy talking with them and hearing their life stories. Outside of work I love spending time with my husband and our three kids. On days off I like to go bowling, skating, to church and spending time with friends. I guess you can say that I really like people and that’s why I love my job!



Life Enrichment Corner

Here is a look at our regularly scheduled activities!

Every Morning– Balloon Volleyball & Morning Stretch Exercise Classes 10:30am & 11:00am

Tuesday & Thursday – Bingo 3:00pm

Wednesday – Evening Bingo at 6:30pm

Thursday – Manicures 1:30pm & as requested

Friday – Resident Happy Hour 3:00pm

Make sure to like our Facebook page “Waltonwood University” to see photos of your loved ones and to receive updates about what is going on in the community!

<https://www.facebook.com/WaltonwoodUniversity>

FEBRUARY HIGHLIGHTS

14

Valentine’s Day
Social & Card
Delivery

19

Red Knapp’s Outing



21

Therapy Dog Visit



24

Paint & Sip with our
LEA, Alyssa!



APRIL SPECIAL EVENTS

1

Mardi Gras Celebration &
Travelogue Presentation

8

Ark Animal Encounters,
exotic animal
presentation!

27

St. Patrick’s Day Social

30

Taste of Waltonwood
community wide event!



EXECUTIVE DIRECTOR CORNER

As we say goodbye to the bitter cold and snowy February, we welcome March with open arms awaiting the much-anticipated spring weather. We look forward to celebrate some special days this month including: First Day of Spring, St. Patrick’s Day, Mardi Gras, and National Employee Appreciation Day. To show our amazing employees here at Waltonwood the appreciation they deserve, we are asking for a little help from our residents and families! We as a community would like to recognize these employees who go above and beyond each and every day through our social media platforms. We are asking our residents and families to take a few minutes to write a review on any online platform (Google, Facebook, Instagram, etc.) and to name those associates who stand out to you or your loved ones! We would love the opportunity to show off our employees to other families, residents, and future prospects that we have in this community. Any associate named in a review will be recognized by us within the community! We will also be doing a luncheon for our entire staff on March 4th to celebrate the day.

Jonathan Hills | Executive Director

FOREVER FIT MARCH JOURNAL:

Get Some Rest

We know how important diet and exercise can be on our overall health, but did you know there’s a third factor just as crucial? The rest we get, in particular the sleep we get, lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help limit the risk of heart attack and stroke, increase insulin sensitivity in those with type 2 diabetes and promote healthy weight management. This month put down the bedtime book, turn off your phone and tv and make sleep a top priority for your overall health.

Chris Grabowski | Forever Fit Manager

