

# MAIN CONNECT

JUNE 2022

## SIGNATURE RECIPE

### No Bake Key Lime Cheesecake Parfaits

#### Ingredients:

- 1 2/3 cups finely crushed Graham cracker crumbs (about 14 whole sheets)
- 8 tablespoons unsalted butter, melted
- 16 ounces cream cheese, softened
- 3 tablespoons powdered sugar
- 1 cup sweetened condensed milk
- 1/3 cup key lime juice
- 1/4 cup granulated sugar
- 1 tablespoon lime zest
- Whipped cream

#### Instructions:

1. In a bowl, combine graham cracker crumbs and melted butter.
2. Using a handheld electric mixer, beat the cream cheese and powdered sugar together until smooth and creamy. Beat in the condensed milk, key lime juice, granulated sugar, and lime zest until creamy and well incorporated.
3. Place mixture in the fridge for about 1-2 hours to firm up. (This step is optional, but it makes it easier to pipe.)
4. Transfer mixture to a piping bag.
5. Alternate the graham cracker crumbs and the cheesecake mousse into 8, 8-ounce canning jars (starting with the crackers and ending with the mousse.) Secure with lids.
6. Place in the fridge for about 3 hours to set completely.
7. Unfasten lids, pipe some whipped cream on top and garnish with lime zest.
8. Serve and enjoy!

## \$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!

## JUNE BIRTHDAYS

Nancie T. 6/3

Sally M. 6/9

Wilma A. 6/11

Jack S. 6/18

Kathy 6/29

FRIENDS & FAMILY REFERRAL PROGRAM!

## COMMUNITY MANAGEMENT

Adam Merrell  
Regional Director of  
Operations, Interim  
Executive Director

Haylee Hutchison  
Associate Executive Director

Catherine Sommerville, RN  
Resident Care Manager

Lora Baltosiewich  
Business Office Manager

Sean McNally  
Culinary Services Manager

Liz McMurtrie, CTRS, CDP  
AL Life Enrichment Manager

Kirsten Kesman  
MC Life Enrichment Manager

Greg Ginter  
Environmental Services  
Manager

Karah Haney  
Marketing Manager

Leanne Basel, LMSW  
Marketing Manager

Chloe Palovich  
Wellness Coordinator



## HISTORY OF FATHER'S DAY

Father's Day was founded in Spokane, Washington at the YMCA in 1910 by Sonora Smart Dodd. It's first celebration was in the Spokane YMCA on June 19, 1910. Her father, the Civil War veteran William Jackson Smart, was a single parent who raised his six children there. After hearing a sermon about Anna Jarvis's Mother's Day at Central Methodist Episcopal Church in 1909, she told her pastor that fathers should have a similar holiday honoring them. Although she initially suggested June 5, her father's birthday, the pastors of the Spokane Ministerial Alliance did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday of June. A bill to accord national recognition of the holiday was introduced in Congress in 1913. In 1916, President Woodrow Wilson went to Spokane to speak in a Father's Day celebration and wanted to make it official, but Congress resisted, fearing that it would become commercialized. Calvin Coolidge recommended in 1924 that the day be observed by the nation, but stopped short of issuing a national proclamation. In 1957, Maine Senator Margaret Chase Smith wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers. In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.



ASSOCIATE SPOTLIGHT

Christina Sellars

Christina was born on July 7, 1983 in Detroit, Michigan. She has a younger brother. Her parents work for the school district in Georgia. Christina grew up in Rochester Hills and attended McGregor Elementary and Rochester High. She ran track and played volleyball. Before working at Waltonwood, Christina worked at Buffalo Wild Wings.

Christina has 3 children, Julius, 20, Joshua, 18, and Ella, 8. Her biggest accomplishment so far is being the best mother she can be! She enjoys working at Waltonwood because she likes caring for others and helping people out.

Christina’s favorite ice cream flavor is Moose Tracks. Her favorite movie is *Cinderella*. Her favorite song is “The Joker” by Steve Miller. Her favorite flower is sunflowers. In her free time she likes taking bubble baths and enjoying a glass of wine. If she could travel anywhere, she would love to go to the beach in Hawaii. She loves hot weather and being outdoors but she does not like birds!



MAY HIGHLIGHTS

04

We celebrated our Waltonwood mothers with a special afternoon tea.

06

Residents enjoyed a day at the races! We decorated our own derby hats and everyone got to bet on their favorite horse at the races!



25

For National Senior Health & Fitness Day we got outside to enjoy the fresh air & got our exercise doing an outdoor scavenger hunt!

26

The raised bed in the courtyard has been planted! See Liz if you’d like to be part of the garden club and help keep it weeded this summer!



ALZHEIMER’S & BRAIN AWARENESS MONTH

June is Alzheimer’s and Brain Awareness Month, an annual observance raising awareness on Alzheimer’s disease and other dementias. For years, the Waltonwood family has partnered with the Alzheimer’s Association to support the mission of a world without Alzheimer’s and other dementias. While there still may not be a cure, taking proactive steps and developing healthy lifestyle habits have been shown to slow the onset of the disease and delay its debilitating effects. Much like heart health, cognitive health can benefit greatly from increasing physical activity and exercise, eating a well-balanced nutrient rich diet and effectively managing stress. It’s never too early or too late to start taking better care of ourselves and small changes today can help lead to healthy years to come.

Chris Grabowski, MS | *Senior Forever Fit Manager*

ARE YOU LINKed?

Have you registered for the Waltonwood Community Engagement website *The Link*?

- ✓ Resident & Management Directory
- ✓ Real Time Event Listings
- ✓ Community Photos
- ✓ TV Channel
- ✓ Games

Contact Liz in Life Enrichment for more information on how to get linked! This new program will be rolling out over the next couple of months.

Thank you for practicing social distancing



SAFETY FIRST



Face coverings are required in our community. Please see the Executive Director if you need a mask.



EXECUTIVE DIRECTOR CORNER

The month of June offers many exciting and fun opportunities for our residents, families and associates, so be sure to keep an eye out for details to join us! It has been a wonderful first few weeks being a part of the Waltonwood Main community! I look forward to continuing to work with the team in efforts to offer the highest quality of services to our residents and family members. Please feel free to stop in the office or contact me directly, if I can assist you in any way. I can be reached on my direct cell (248) 986-6895 or via email anytime at haylee.hutchison@singhmail.com.

Haylee Hutchison, Associate Executive Director