Celebrating Birthdays in September!

Residents:

September 11th
Garry Schroeder
September 16th
Sharon Ward
September 29th
Susan Murray

Staff:

September 2nd
Jayquan Coleman
September 3rd
Brennen Bollinger
September 20th
Christopher Polasky
September 23rd
Lydia Trent
September 24th
Mya May-Wiggins
September 27th
Kevin Kapanowski

IN THE KITCHEN

Classic Apple Crisp

Ingredients:
6 (2 pounds) medium to large cooking apples
2 tablespoons lemon juice
1 teaspoon lemon & orange zest
1/3 to 1/2 cup granulated sugar*
2 teaspoons ground cinnamon
¼ teaspoon each ginger and allspice
¾ cup all-purpose flour
¾ cup Old Fashioned rolled oats
½ cup packed brown sugar
¼ teaspoon kosher salt
1 teaspoon vanilla extract
8 tablespoons cold unsalted butter

Directions:
Preheat the oven to 375 degrees. Core, peel and cut the apples into 1/2-inch chunks. Combine the apples with the lemon juice, lemon zest, orange zest, granulated sugar*, cinnamon, ginger, and allspice in a large bowl and toss until well coated. In a separate bowl, make the crumble topping: stir together the flour, oats, brown sugar, and kosher salt. Add the vanilla and stir. Cut the butter into small pieces and add it to the to bowl. Use your hands to mix it into the dry ingredients until fully distributed and a crumbly dough forms. It may take a while, so be patient; you can also use a pastry cutter or fork if you prefer. Grease a 9 x 9-inch (or equivalent size) baking dish. Place the apple filling in the bottom, then evenly distribute the crumble over the top. Bake for 45 to 50 minutes until browned and bubbly.

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!
Talk to marketing for details!

UNIVERSITY CONNECT

SEPTEMBER 2022

Autumn Fires

In the other gardens
And all up the vale,
From the autumn bonfirres
See the smoke trail!

Pleasant summer over
And all the summer flowers,
The red fire blazes,
The grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!

-Robert Louis Stevenson

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COMMUNITY MANAGEMENT

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Celeste Roth
Marketing Manager

Brennen Bollinger
Move-In Coordinator

Dan Bannigan
Culinary Service Manager

Katelyn Pesola
Life Enrichment Manager IL

Donna Donakowski
Life Enrichment Manager AL

Taylor Crowe
Maintenance Manager

Derricka Mason
Resident Care Manager

Henry Peoples
Wellness Coordinator

Sarah McCabe
Dining Room Supervisor

Angie Sorgi
Dining Room Supervisor

ASSOCIATE SPOTLIGHT

Our associate spotlight this month is Stephany Guevara, one of our life enrichment assistants!

Hello everyone! My name is Stephany Guevara and I've been an activities assistant since February 2022. This coming fall I will be a senior of the class of 2023 at Rochester Adams High School and later I'll be studying Psychology and English in college! One of the best parts of my job is forming friendships and bonds with each one of the residents, I love getting to know their expressions and different personalities. One of my favorite activities to do is play bingo in the afternoons and doing movie trivia in the mornings.

OUTING SCHEDULE UPDATE

As a reminder, we share our bus with assisted living residents. This is going to change our outings that happen each week. In the coming months you will start to see changes to our Tuesday outings. Please make sure that you are checking your Week at a Glance each week to see what outings we are going on.

As always, if you have a suggestion of a place that you would like to see as an upcoming outing please let Katelyn in Life Enrichment know!

Volunteers Needed!

Would you like to help run this library?

Please complete a volunteer application and place it in the return bin, and someone from the library will be in touch!

It's only an hour a week commitment, plus a few meetings a year.

General tasks include counting the returned books for monthly circulation stats, shelving returned books, and tidying the area.

If you have questions about volunteering for your minibranch library;
Please call Alexis 248-650-7154

ROCHESTER HILLS PUBLIC LIBRARY

AUGUST HIGHLIGHTS

03

Our residents participated in a Show & Tell!

19

Our culinary team did an amazing job with a sushi demostration.

24

Our crafty residents were at it again with a paint & sip!

31

Residents made new centerpieces for the dining room.

SEPTEMBER SPECIAL EVENTS

07

It's National Beer Lover's day and we are celebrating with a beer tasting. Come enjoy some good company and try a new beer!

09

It's almost the Lion's first game of the season. Wear your Lion's apparel and come down to the bistro for a treat!

12

We will be having a massage therapist in the community offering massages for the residents!

21

It's our resident council! Come down to the campus room to voice your concerns and learn what is going on in the community!

23

Our first annual pie baking competition between the managers, Come try a variety of pies made by the managers and pick your favorite.

30

It's National Cider Day! Come down to the bistro and enjoy a cup of hot cider!

FOREVER FIT: FOCUS ON FITNESS

Focus on Flexibility

Flexibility refers to our bodies ability to freely move around one or multiple joints pain free and through a full range of motion (ROM). As we age, muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities.

Chris Grabowski | *Forever Fit Manager*

EXECUTIVE DIRECTOR CORNER

As Labor Day weekend comes to an end and we see summer in the rearview mirror, we look forward to see what fun events we have planned in September. There is one week each year in September called "Assisted Living week" where we take time to celebrate our residents in the community, along with our staff who provide the services they need day in and day out. This is a great opportunity for us as leaders of the community to show appreciation of all of the hard-working staff we have here at Waltonwood. It takes an army of dedicated individuals to ensure this community operates at the high-quality service we expect to provide! Assisted Living week starts on September 11th and runs through September 17th. We have many fun events planned that entire week for the whole community to join in on the fun! We hope that all of our residents, families, and associates are able to join in on our celebration!

Jonathan Hills | *Executive Director*