



## AUGUST BIRTHDAYS

Claudia B. 08/21

JoAnn W. 08/27

Henrietta L. 08/30

## SIGNATURE RECIPE

### Chef Brad's Sausage Gravy

- 1 Pound of Ground Pork Breakfast Sausage
- 2 Tablespoons Unsalted Butter
- 1/3 Cup All Purpose Flour
- 1/4 Teaspoon Garlic Powder
- 1/4 Teaspoon Iodized Salt
- 1 Teaspoon Ground Black Pepper
- 3 Cups Whole Milk
- Hot Sauce to Taste



#### Instructions

In a medium size, thick bottomed pot, brown the sausage. Once sausage is thoroughly cooked, add butter. Once the butter is melted, add in the flour.

Stir the ingredients consistently for 3-5 minutes to cook out the flour. Add milk, stirring with a wire whisk, to dissolve the flour. Add the garlic powder, salt and pepper. Add more milk if needed to thicken to your preference. Season to Taste.

Serve over buttermilk biscuits or over your favorite omelet!



## 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! Ask for details!

# MAIN CONNECT

AUGUST 2023



1401 North Rochester Rd., Rochester Hills, MI 48307  
www.waltonwood.com | 248-601-7600  
Facebook: /WaltonwoodMain



### Join us for a Camp Waltonwood Dinosaur Adventure!

You and your grandchildren are invited to join us for a dinosaur adventure as we travel back in time through the prehistoric age with games, crafts, giveaways, treats, and much more.

*Adopt a dinosaur, dinosaur fossil dig activity, dinosaur tour, dinosaur disco, and a dinosaur movie/popcorn in the community theater room.*

### FUN FOR KIDS AGE 5 - 11

Check in at the Assisted Living Café. All young campers will receive a complimentary t-shirt. A parent must remain on-site with all our young campers.



SPACE IS LIMITED

**RSVP TO THE CONCIERGE BY AUGUST 4TH  
WITH YOUR YOUNG CAMPER'S T-SHIRT SIZE**

**248-601-7600**

1401 N. Rochester Rd., Rochester Hills | www.Waltonwood.com | www.SinghCareers.com

## COMMUNITY MANAGEMENT

Haylee Hutchison  
Executive Director

Lora Baltosiewich  
Business Office Manager

Renata Lenczewski, RN  
Resident Care Manager

Kyla Harris -Rucker  
Wellness Coordinator

Hailey Mills  
AL Life Enrichment Manager

Jennifer Murray  
MC Life Enrichment  
Manager

Derek Hill  
Environmental Services  
Manager

Brad Bardell  
Culinary Services Manager



## ASSOCIATE SPOTLIGHT

### COLLEEN NICOLAI (CONCIERGE)

Colleen has worked as a concierge at Waltonwood Main for close to two years, and we are so lucky to have her on our team! Colleen was born and raised in Detroit, Michigan and is the youngest of her five siblings. She is a mother to one daughter, and a grandmother to her ten-year-old grandson, who is the “sparkle in her eyes”. Colleen graduated from a technical career institute for secretarial courses. She has worked for a Justice of the Peace (while living in Texas), and at UAW Legal Services for 28 years. In her spare time, Colleen enjoys camping, hiking, ceramics, cooking/baking and card playing. She is also very active with her grandson’s baseball and football teams.



## JULY HIGHLIGHTS

3

The residents enjoyed an afternoon of Red, White, and Blue Bingo to celebrate Independence

11

Residents and staff celebrated National Cowboy Day with a cowboy saloon social.



24

The ladies at Waltonwood Main celebrated Gorgeous Grandma Day!

25

Here at Waltonwood Main we celebrated Christmas in July! Everyone was in the holiday spirit!



## FOREVER FIT/WEELLNESS TOPIC

### Take Your Time

Rarely in life are we a great at a new endeavor. It takes weeks, months and sometime years of working at a craft before we feel that we’ve truly mastered it and exercise is no different. For many the biggest obstacle standing between them and a more active lifestyle is the initial frustration of starting something new. While it can feel a bit overwhelming as you work through the early struggles, be patient and give yourself the grace to learn from your challenges as you work to strengthen your body and mind. We’ve all started our fitness journey from the ground up and good things take time to cultivate. Making the commitment to move more will challenge you, but it will also leave you feeling better than ever!

## RESIDENT SPOTLIGHT

### Henrietta L.

Henrietta grew up In Eastpointe Michigan. She comes from a large, close knit, family of seven siblings.

Henrietta graduated from Eastpointe High School and later attended beauty school. With some help from her parents, she opened and operated her own salon. Henrietta, recalls that some of the more popular hairdos were the pixie cut and the updo.

When Henrietta was 22, She married her husband of 55 years Ray, who was in the construction business. Henrietta says Ray constructed many bridges and likes to think that some are still standing. Together they had a son, two daughters, and several grandchildren. Henrietta agrees that her children were raised up with good values and love for one another.



## AUGUST SPECIAL EVENTS

3

To celebrate National Watermelon Day, cooking club will be making watermelon caprese skewers!

11

Stop by the farmers market pop up booth to celebrate National Farmers Market Week with some local produce!

15

Starting the 15<sup>th</sup> of August, Elvis will be in the building! He will be in a different spot each day, make sure you keep an eye out of him!

28

Please join us for a wine tasting! Enjoy a selection of wines from local vineyards.



## EXECUTIVE DIRECTOR CORNER

Get the Vaccine...NOT the Flu! We will be facilitating a community Flu Shot Clinic on Tuesday, October 10th from 9:00am-12:00pm. Registration forms must be completed online by August 31st. The registration link has been sent out via email to all families on our mailing list, if you did not receive the link, please contact the front desk and we are happy to send it over to you.

Any residents who need assistance with signing up for the clinic, we will be hosting a few "sign up days" in the next few weeks to give assistance.

Thank you,