

Village Living

Volume 7 Issue 7

Walnut Village Retirement Community

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Orange County's most award-winning continuing care retirement community.

Walnut Village Chef Wows During Cooking Demonstrations

Bon appétit! says Chef Stephen Carrasco, executive chef at Walnut Village. "My staff and I take great pride in creating an interesting dining experience for residents using fresh ingredients and a little flair."

It's par for the course at Walnut Village. Stephen crafts mouth-watering menus for Walnut Village residents on a daily basis. And once a month, he takes center stage for a television-style cooking show, complete with a sous chef and server to round out his team. The demo is interactive from the first moment, as residents ask questions, get into the action and sample each course.

Recently, residents and guests got a taste of Italy with a cooking demonstration of hand-tossed grilled pizza with fresh tomato, basil, mozzarella and hand



Chef Stephen creates a hand-tossed pizza to the delight of the residents.

cut pepperoni cooked on the outdoor grill. Other times, Stephen has created hand-made tortillas, and Christmas tamales.

"I like to try a modern take on classic appetizers, side dishes and desserts," Stephen says. "Any chef who is passionate about what they do wants to share their expertise and receive feedback. Residents here have sophisticated tastes and are always very kind."

Stephen honed his craft at hotel restaurants like those found in San Diego's Hotel del Coronado,

CHEF CONTINUED ON PAGE 4



See How Great Village Life Can Be!

Be our guest for a tour and lunch at Orange County's most award-winning continuing care retirement community. The weather is delightful and there

is always something to enjoy at the Village. Schedule your tour today by calling 714-507-7005. Let us show you how great village life can be!

Village Lifestyle:

Walnut Village Celebrates National Pie Day with Special Event for Prospective Residents

Prospective residents deciding whether to make Walnut Village their new home were recently treated to sweet and savory pies in celebration of “National Pie Day.”

Among the traditional and no so traditional pie creations from Walnut Village’s Chef Stephen and his dining staff were ... apple, key lime, coconut, cookies and cream, shepherd’s pie, chicken pot pies and vegetarian pies. Other refreshments included wine, lemonade, coffee and iced tea.

At the event, 55 guests had the chance to speak with current residents and staff about life at Walnut Village. Sales and Marketing Director Rich Hall spoke



Walnut Village Pie Day featured sweet and savory options.

to guests about the advantages of continuing care retirement community living including giving up the mundane hassles of home ownership to explore the extraordinary! Benefits of living at Walnut Village include restaurant-style dining in the company of new friends, and exploring new passions through the dozens of wellbeing and life enrichment opportunities

at the Village! Community tours followed, highlighting dining options, indoor fitness and aquatic center, Clay’s art studio, The Strand hair salon, putting green, outdoor fireplaces, lemon trees, serenity garden and fountains.

“Our goal was to understand each person’s unique situation and discover together how Walnut Village

PIE DAY CONTINUED ON PAGE 3

Residents, Friends and Families Connect Through Social Media at Walnut Village

All aboard ... Facebook! From an Alaskan cruise to a coastal bus trip to Monterey, follow Walnut Village’s Facebook feed as residents travel far and near to sample delicious local cuisines, tour historical sites, enjoy breathtaking vistas and make new friends.

Walnut Village Life Enrichment Director Judi Marsh started posting community photo albums to Facebook a few years ago as a way to encourage more interaction with

residents’ family members. “Many of our families are not local, so this is a great way for them to see what goes on at the Village day-to-day,” she said. “It gives them a sense of all the fun we have here.”

“It’s like a community newspaper,” explains resident Ken Cooper, who checks Facebook regularly to stay up-to-date on all the community offerings. His three children are

SOCIAL MEDIA CONTINUED ON PAGE 4



To follow the continuing adventures of Walnut Village residents, LIKE us on Facebook: www.facebook.com/walnutvillageretirement



Resident Profile

Congressional Gold Medal Winner Calls Walnut Village Home

Louis Massengale honored as member of Montford Point Marines

The first opportunity for African-Americans to enlist and serve in the United States Marine Corps came in 1942 during World War II as the Corps began to recruit qualified African-American men. The men who enlisted completed recruit training at Montford Point, North Carolina, during a time and place where racism and segregation were a part of everyday life.

Among those Marines was Walnut Village resident Louis Massengale, who, in 2012, was proudly awarded the Congressional Gold Medal for his service.

“It was an exciting and special day,” Louis remembers. “Four hundred thirty-eight of us made the trip to Washington DC to receive our medals from Speaker of the House John Boehner.”

“His entire family is very proud of him,” his wife Shirley says. Louis served in the Navy and Marines from 1944 to 1969, retiring as a gunnery sergeant.

The Congressional Gold Medal and the Presidential Medal of Freedom are the highest civilian awards in the United States. The Gold Medal is awarded to persons “who have performed an achievement that has an impact on American history and culture that is likely to be recognized as a major achievement in the recipient’s field long after the achievement.”



Louis and Shirley Massengale enjoy life at Walnut Village.

Between 1942 and 1949, approximately 20,000 African-American men completed recruit training and became known as the “Montford Point Marines.” Despite the challenges presented to those men, their valor and performance at Peleliu, Iwo Jima, the Chosen Reservoir, Vietnam, and more, paved the way for the integration of the armed forces.

Although a Marine, Louis did not like the regimen that often comes with home ownership like yard work, endless maintenance, cooking and cleaning. That’s why he and his wife chose to move to Walnut Village.

“We had many members from our church living at Walnut Village,” Shirley says. “We came to visit them many times and soon realized it was time for us to make the move. No more cooking or cleaning, just time to enjoy ourselves.”

“I may have the Gold Medal but my fellow residents and staff inspire me every day,” Louis says. “Walnut Village gets my highest honor.”

PIE DAY CONTINUED FROM PAGE 2

could meet their needs,” Rich says. “After answering many of their questions, we encouraged them to schedule individual appointments so we could further the conversation.”

Life Enrichment Director Judi Marsh encouraged guests to access Walnut Village’s Facebook page so they could see a sample of the extensive activities that are offered at the community,

including social events, dining trips, concerts, holiday events, overnight trips to local destinations of historical or artistic interest, cruises and trips to national parks.

National Pie Day is a celebration of pies that occurs annually in the United States on January 23.

Please call us for more information about Walnut Village at **714-507-7005**.



checking the page too. “They love seeing pictures of me out and about, having a good time. Sometimes, they’ll even tell me about Walnut Village events I may have missed, because they’ve seen them on Facebook.”

“There’s a ripple effect going on here,” Judi says. “I’ve noticed an uptick in participation in our trips since we started posting the photo albums to Facebook.”

For residents who are not Facebook members, Judi offers the modern day equivalent of the slide show, arranging screenings of photos in the community’s Red Chair Lounge. This, of course, is always followed by requests for hard copies of pictures which Judi happily obliges.

the Hyatt Regency La Jolla and the Hilton Hawaiian Village Waikiki Beach Resort. Although all were somewhat glamorous positions, Stephen had little interaction with diners, something that he relishes at Walnut Village.

“We swap stories about our favorite foods, travel and family traditions surrounding food,” Stephen says. “For me it’s about making residents happy and included. I’m grateful they have helped me connect with this community. That’s something that was missing at the hotels.”

Since coming to Walnut Village Stephen and his staff

introduced “Foods of the World.” Each month a dining experience from a different culture is represented, complete with decor, music and of course, cuisine.

“Sometimes I like to bring residents out of their comfort zone, food-wise,” Stephen says. “And you know what? They always come along for the ride.”

“Stephen is so entertaining,” says resident Elizabeth Ogle, who regularly attends the demonstrations. “He’s so enthusiastic and makes the afternoon so much fun for us. And at the end we get to try all the food. He spoils us. It doesn’t get better than that.”

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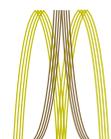
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