

# PROVIDENCE CONNECT

NOVEMBER 2018



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## The Season of Gratitude

Welcome to the inaugural publication of Waltonwood's community newsletter. As the leader in redefining senior living, we are continuously evolving. From our seasonal cuisine to our wellness programs, we are thankful to share this improvement in communication with you. Within the newsletter, you'll find highlights of the previous months' programs, providing updates on community development and keeping residents and families abreast of current happenings.

During the season of gratitude, we reflect upon those who have served and those who are currently serving our country. With grateful hearts, all of us at Waltonwood thank you for your service and sacrifice. Please visit The White Table in the Game Room, and join us for a tribute on November 12<sup>th</sup> at 10:00 a.m., as we pay tribute to our military.

May this season fill you with gratitude, crisp air and plentiful opportunities to make memories.

-Your Waltonwood Family

## COMMUNITY MANAGEMENT

Jeff Plummer  
Executive Director

Vicki Shotwell  
Business Office Manager

Steve Archer  
Culinary Director

Ernie Collie  
Maintenance Director

Eva Kantor  
Independent Living Manager

Mara Barrios-Malabad  
Life Enrichment Manager

Carrie Dunlap  
Marketing Manager

Cara Nirenberg  
Marketing Manager

Deidra Cook-Owens  
Resident Care Manager

Eric Davis  
Wellness Coordinator

Grace Gallozzi  
Special Care Coordinator

## ASSOCIATE SPOTLIGHT

### CATHERINE ODOOM

Catherine Odoom has been selected as this month's Caregiver of the Month!

Catherine is known for her positive attitude, contagious smile, and beautiful singing voice. Her personality shines throughout Waltonwood. Thank you for all that you do for our residents, Catherine!



## OCTOBER HIGHLIGHTS

10

### Music with George DeMott

A resident favorite, George always draws a crowd with his engaging performance.

11

### New Resident Social

Residents had the opportunity to come out together to welcome our newest members of the community, answer questions, and enjoy dessert.



12

### Outing to the JAARS Alphabet Museum

Residents enjoyed learning about the history of language on this unique outing.

24

### Cooking Class

Residents love helping each other create sweet treats! This month we made all kinds of fall-themed goodies to share.



## FOREVER FIT CORNER

Physical activity is an important dimension of wellness in the senior community. The American Heart Association (AHA) recommends that seniors exercise 3-5 times per week for 75-150 minutes depending on intensity. The AHA advises that increased muscle and strength can decrease the risk of falls while making daily tasks, such as carrying groceries or getting up from a chair, easier. Increased levels of activity are correlated to reduced risk of coronary heart disease and type 2 diabetes.

Here at Waltonwood we strive to provide the highest quality of fitness classes to promote healthy aging. Through our classes, residents have the opportunity to engage in healthy behaviors while socializing in a fun and energetic atmosphere. Please take a look through our monthly calendar to see what classes or activities might be a good fit for you or your family member(s). Feel free to direct any questions to Travis Greenlee, our Forever Fit Coordinator.

## TRANSPORTATION INFORMATION

**Wednesdays and Thursdays** are designated **Medical Appointment Days**.

Please notify the concierge of your appointment time & location as soon as appointments are booked.

Once appointments are booked, residents will be notified of their appointments. Appointments will be scheduled between the hours of **8:30 a.m. and 3:30 p.m. within a 10 mile radius.**

Our drivers will drop-off & pick-up residents in a timely manner. Appointments outside a 10 mile radius will acquire a \$2 charge per mile.

Special transportation this November includes:

- Bus Tour of Charlotte
- Off Broadway Shoes
- Harris Teeters
- DeSano Pizzeria
- The Billy Graham Museum
- Many more specialty stores, grocers, and restaurants!

## NOVEMBER SPECIAL EVENTS

01

### Falconry Program

Residents will have the opportunity to see and learn about the art of falcon-keeping from a special guest in a safe, environment.

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### Veterans Day Tribute

Waltonwood teams up with the Veterans Bridge Home to bring a very special Veterans Day Tribute to our community.



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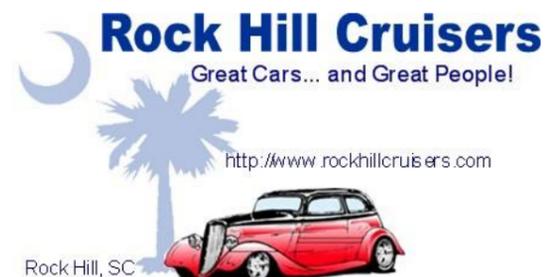
### Classic Car Show

Join Waltonwood Providence and the Rock Hill Cruisers for our first ever vintage and classic car show on November 17<sup>th</sup> from 2:00-4:00p.m.

30

### Billy Graham Museum

Join us on an exciting outing to the Billy Graham Museum, where we will learn about the life and legacy of "America's Pastor."



## EXECUTIVE DIRECTOR CORNER

Welcome to our first edition of the Waltonwood Providence Newsletter. One of our goals is to increase the communication to our residents and families. Each month we will be highlighting activities, upcoming events and general information.

As Thanksgiving nears, I would like to thank all the wonderful residents and supportive family members that are here at Waltonwood. I am also thankful for the wonderful staff that continue to make Waltonwood such an enjoyable environment. Have a wonderful Thanksgiving Holiday!



## CHEF STEVE'S COOKING DEMONSTRATIONS

03

Dinner: Flatbread Pizza

10

Lunch: California Fish Tacos

17

Dinner: Short Ribs

24

Lunch: Gourmet Quesadillas

## Celebrating Birthday's In November

- Pat M.
- Juanita H.
- Mary C.
- Charlotte H.

## SIGNATURE RECIPE OF THE MONTH

### Turkey, Brie, and Apple Panini

Yield: Makes 4 servings

#### Ingredients

- 1 (7-oz.) Brie round
- 1 medium-size Gala apple
- 8 Italian bread slices
- 1 cup loosely packed arugula
- 8 ounces thinly sliced smoked turkey
- Melted butter

#### How to Make It

Cut the Brie into 1/4-inch-thick slices. Trim and discard the rind from Brie round if desired. Cut the apple into thin slices. Layer 4 Italian bread slices with the Brie, apple slices, arugula, and turkey. Brush the sandwiches with melted butter. Cook the sandwiches, in batches, in a pre-heated panini press for three to four or until golden brown and the cheese is melted. Serve immediately.

This recipe goes great with a dollop of Bacon Marmalade!

### Bacon Marmalade

Yield: Makes 1 1/4 cups

#### Ingredients

- 1/2 (16-oz.) package thick hickory-smoked bacon slices, diced
- 1 cup sorghum syrup
- 1 1/2 cups cider vinegar
- 1/2 cup chicken broth
- Kosher salt and cracked pepper to taste

#### Directions

Cook the bacon in a skillet over medium-high heat, stirring often, 4 minutes or until just dark golden brown; drain on paper towels. Wipe the skillet clean; return the bacon to skillet. Add the sorghum; cook, stirring constantly, 1 minute. Add the vinegar; cook, stirring often, 8 minutes or until the liquid is reduced by half. Add the broth; cook for 5 minutes or until slightly thickened. Add the seasonings. Allow to cool 30 minutes.



**\$1,000 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!

FRIENDS & FAMILY REFERRAL PROGRAM!