

PROVIDENCE CONNECT

NOVEMBER 2018



5039 Providence Country Club Drive,
Charlotte, NC 28277
www.waltonwood.com | 704-246-8670



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 month's 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 living room, and join us on November 12th 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

16

Hall Family Farm Outing

This month we went to the Hall Family Farm and enjoyed looking at the pumpkins and sampled some yummy apple cider doughnuts.

19

Music with Al Stone

A favorite entertainer of the resident's, Al Stone always engages the residents and has them singing along to their favorite tunes.



24

Chair Volleyball

Residents have a blast tossing the beach ball back and forth over the net—a fun way to get in some physical activity!

26

Healthy Bites Social

A new and fun healthy lifestyle program, the residents are able to watch and help Travis mix up a good healthy snack while enjoying music and laughs!



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:

- Colonel Francis Beatty Park
- Anne Springs Close Greenway
- The Observation Flight Deck
- Out for Donuts
- A Scenic Drive Every Friday

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.

08

Men’s Club With Travis

Male residents will now have the opportunity to socialize, build models, and talk sports with Travis every Monday at 2:30p.m. in our *Men’s Club*.

12

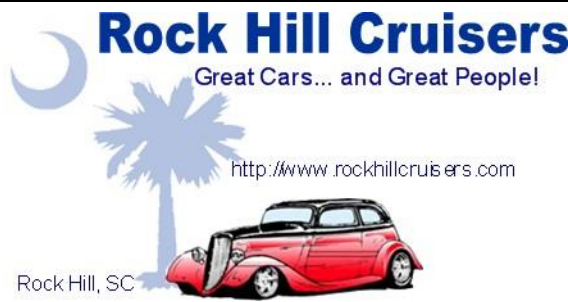
Veterans Day Tribute

Waltonwood honors our residents & associates who have served our country through a very special Veterans Day Tribute.

14

Gratitude Tree

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!



Celebrating Birthday's In November

- Helen O.
- Clarence M.
- Ginny H.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF STEVE’S COOKING DEMONSTRATIONS

04

Lunch: Bowtie Pasta

11

Dinner: Carved Rack of Lamb

18

Lunch: Baked Potato Station

25

Dinner: Seared Scallop and Salad

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!