

# PROVIDENCE CONNECT

NOVEMBER 2018



11945 Providence Road, Charlotte, NC 28277  
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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 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 display and join us for a tribute on November 12<sup>th</sup> at 11:00 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 Manager

Ernie Collie  
Maintenance Manager

Eva Kantor  
Independent Living Manager

Ana Herrera Turpin  
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

### Richard Heater

Rich is an exceptional transportation coordinator. He has been with Waltonwood for over a year and has been a wonderful addition to the Life Enrichment Department. Each day Rich goes above and beyond for each resident. He always makes sure that residents are taken care of and is always willing to help. Each week the Life Enrichment department continuously receives compliments regarding Rich's hard work and dedication to the community. Residents are able to joke around and share their personal stories with Rich and are very grateful to be able to share their experiences at Waltonwood with him. Rich is always willing to help other associates and fill in wherever he can. Rich has been an incredible addition to our Waltonwood family and we are so grateful to have him and honor him in our first associate spotlight. Thank you Rich for all that you do for our community.



## OCTOBER HIGHLIGHTS

# 09

### Special Birthday Dinner

We had a great time celebrating our wonderful residents born in October.

# 10

### Cooking Club

The Cooking Club made a delicious Pumpkin Pie.



# 10

### Craft Making

Our residents made a beautiful fall candle holder.

# 12

### Bus Tour of Charlotte

We toured our beautiful city of Charlotte and stopped to say hi to the Panthers!



## FOREVER FIT

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

Waltonwood offers transportation for medical appointments on Tuesdays and Wednesdays. Please notify the Concierge of your appointment as far in advance as possible with the time, date & location. After reservations are made, each resident will be advised of a departure time within 24 hours prior to each appointment. Appointments will be scheduled between the hours of 8:30 am and 3:30pm, within a 10 miles radius. A Waltonwood driver will drop off & pick up residents in as timely a manner as possible. Please note appointments that are beyond a 10 mile radius will acquire a \$2.00 charge per mile for every additional mile.

Waltonwood also offers transportation to the Jewish Community Oasis Senior Center. Please see our Life Enrichment Manager, Ana Herrera Turpin, for more information.

Each month we have shopping outings to banks, pharmacies, restaurants and grocery stores. Please see the calendar for specific dates and times and sign up at the round table by the dining room.

# NOVEMBER SPECIAL EVENTS

01

**Falconry: The Sport of Kings**

Come learn about falconry and see a trained Harris hawk. Thursday, November 1<sup>st</sup> at 1:30 pm in the Game Room

17

**Car Show**

Saturday, November 17<sup>th</sup> from 2:00 – 4:00 pm. Come checkout beautiful classic and vintage cars.

08

**South Charlotte Chiropractic**

Free chair massages. Thursday, October 8<sup>th</sup> from 1:00 – 3:00 pm in the Fitness Center. Please sign up at the round table.

27

**Queen City Ringers Handbells**

Come and enjoy this very talented handbells group at 7:00 pm in the Game Room.





**South Charlotte Chiropractic**



**Rock Hill Cruisers**  
Great Cars... and Great People!  
Rock Hill, SC

# 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

- Gerald S.
- Eunice H.
- Connie C.
- Marilyn W.

## CHEF’S COOKING DEMONSTRATIONS

2

Lunch  
Slider Burger Station

9

Dinner  
Charcuterie Station

18

Thanksgiving Sunday Brunch  
from 10:30 - 1:30 pm in the  
dining room.

16

Lunch  
French Dip and Chips

23

Dinner  
Carmel Apple Station

Guest reservations required.  
Guest pay \$15 per adult, children  
7 and under eat free, children  
ages 7-12 are half price.

## CHEF’S SIGNATURE RECIPE

### 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 minutes or until golden brown and the cheese is melted. Serve immediately.



## \$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!