

# PROVIDENCE CONNECT

JANUARY 2019



5039 Providence Country Club Drive,  
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## A Joyous New Year

As we transition from the holiday season into the new year, we are faced with a time of excitement and opportunity. For many, the commencement of the year is symbolic of resolutions, change, and new ventures.

At Waltonwood, we are excited at the opportunity of continued growth in our community and through the lives of our residents. We are committed to carrying the joy, warmth, and sense of family from the holiday season into 2019 to make this year the most joyous yet!

We would like to extend a thank you to each and every resident, family member, and friend for allowing us the continued opportunity to be a part of your lives this 2019.

Cheers to a new year full of laughter, love, and prosperity!

-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

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

### GARY VARDIAN

Gary is a valued member of our Life Enrichment Team! He goes above and beyond his job duties to help our residents through getting them to appointments on time, providing transportation and assistance in special outings, assisting them in shopping for groceries, serving food and wine at socials, and even acting as a wheelchair mechanic! Moreover, Gary was an instrumental piece of our Angel Tree team, delivering the over 200 gifts for families in need.

Gary, we appreciate all that you do for our community and team so very much! Thank you for always going the extra mile to make Waltonwood home for our residents.



## DECEMBER HIGHLIGHTS

# 06

### Holiday Open House Craft: Wreath-Making

Residents and their loved ones were invited to join Waltonwood to create a festive holiday piece for their apartment doors!

# 07

### The Nutcracker Ballet

Waltonwood teamed up with the Tyvola Senior Center to bring residents to a special showing of the *Nutcracker Ballet*.



# 12

### Gingerbread House-Making

Residents teamed up with Marvin Ridge High School volunteers for a fun, crafty, and delicious holiday activity!

# 17

### Holiday Carolers

Through the spirit of giving, residents were treated to many carolers and special performers this month, including dancers, singers and musicians!



## FOREVER FIT CORNER

### An Open Invitation!

As the hustle and bustle of the holidays slowly fades and we once again transition into a new year we find ourselves drifting back to those routines that we're use to. Sometimes that's a much welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. So this January why not try something new? Something that will not only kick start your daily routine but also improve the way you move, think and feel. This January I like to extend a warm, open invitation to join our "Forever Fit" exercise program here at Waltonwood. Open to all residents our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year give exercise a try, it just might be one of the best things you can do to keep happy and healthy in 2019.



## 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 January includes:

- The Mint Museum
- Hickory Tavern for Lunch
- Brunch at Stacks
- Marshall's/Homegoods
- Innovative Works at the Charlotte Ballet
- Black Chicken for Lunch
- Many more specialty stores, grocers, and restaurants!

## JANUARY SPECIAL EVENTS

# 02

### Wine Down Wednesday

Every other Wednesday evening in January, join Waltonwood for a relaxing evening of group crafting or a game of trivia accompanied by a glass of wine and refreshments.

# 08

### Candy Creations

Candy Creations will be back again this January! This month, residents will have the opportunity to design and bake a special candy creation.

# 04

### Mint Museum & Lunch

Join Waltonwood for an outing to the Mint Museum, North Carolina's oldest art museum housing one of the largest collections of art in the Southeast.

# 24

### Innovative Works by the Charlotte Ballet

Residents will have the opportunity to attend a special senior dress rehearsal showing of *Innovative Works*, a rendering of Shakespeare's most famous works through contemporary ballet.



## EXECUTIVE DIRECTOR CORNER

Happy New Year! I am excited for another great year in 2019. I hope that everyone had a wonderful holiday season with their families. As winter weather approaches, we do have a weather plan in place for residents and staff to stay at Waltonwood for an extended period of time. With preparation of staffing, food and power we can stay in place in case of a winter storm. I hope everyone has a great January and hopefully spring is right around the corner.

Sincerely,

Jeff Plummer

Executive Director

# CHEF STEVE’S COOKING DEMONSTRATIONS



## Celebrating Birthday’s In January

- Lois B.
- Joyce M.
- Shirley L.
- Phyllis T.

09

Dinner: Shrimp & Grits

16

Lunch: Flatbread Pizza

23

Dinner: Paella Station

30

Lunch: Maryland Crab Cakes

# CHEF STEVE’S SIGNATURE RECIPE

## Authentic Mexican Posole

### Ingredients

- 3 tablespoons canola oil
  - 1 white onion, chopped
  - 1 tablespoon chopped garlic
  - 1 tablespoon toasted cumin seeds, ground
  - 1/2 teaspoon toasted anise seeds, ground
  - 9 cups chicken stock
  - 5 boneless, skinless chicken breast halves or a 5 pound pork butt
  - 4 Yukon gold potatoes, diced
  - 3 (15-ounce) cans white hominy
  - 2 roasted, peeled and seeded poblano peppers
- 1 jalapeno, seeded and chopped
  - 5 chiles de arbol, seeded
  - 3/4 pound tomatillos, husked and quartered
  - 1/2 bunch chopped cilantro leaves, plus more for garnish
  - 4 leaves romaine lettuce
  - 1/2 tablespoon Mexican dried oregano
  - 1/2 tablespoon chopped garlic
  - Salt and freshly ground black pepper
  - Sliced avocado, for garnish
  - Sliced radishes, for garnish
  - Queso fresco, for garnish

### Directions

1. Heat the canola oil in a heavy-bottomed stockpot over medium-high heat.
2. Add the onions and garlic and cook until translucent. Stir in the cumin and anise, then add the chicken stock and chicken or pork.
3. Simmer until the chicken or the pork until it is cooked through. Remove the chicken to a cutting board and allow to cool.
4. Add the potatoes and hominy and simmer until the potatoes are tender.
5. Shred the cooled chicken or pork.
6. Combine the poblanos, jalapenos, chiles de arbol, tomatillos, cilantro, romaine, oregano, garlic, salt and pepper, to taste, in a blender. Blend on high until all of the ingredients are well combined.
7. Add the blended mixture to the stockpot along with the shredded chicken or pork and cook for about 5 to 8 minutes. Season with salt and pepper, to taste.
8. Ladle the posole into shallow bowls and garnish each serving with slices of avocado, thinly sliced radish, queso fresco, and chopped cilantro.



## \$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!