

PROVIDENCE CONNECT

JANUARY 2019



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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

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

Nicole Walden

Nicole is one of our wonderful concierge team members. She joined our team in May 2017 and she has been a wonderful addition to the Waltonwood community. Her dedication to each resident and the community never goes unnoticed. She is always willing to help other associates and residents. Nicole grew up in the Charlotte area and is always sharing Charlotte's hidden secrets with our residents to make sure they always have the best experiences possible. We are so thankful for all that she does for the Waltonwood community. Congratulations Nicole on associate of the month!



DECEMBER HIGHLIGHTS

3

Caroling with the Cranfield Kids.

4

Hanukkah Party led by the Levine Jewish Community Center.



6

Making Holiday Wreaths at our Holiday Open House.

18

Holiday Show. Thank you to the residents for putting together this wonderful Holiday Show.



FOREVER FIT - 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 routine that we were use to. Sometimes that is 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

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.

JANUARY SPECIAL EVENTS

5

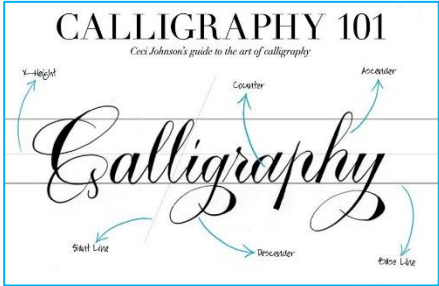
Pet Visits

We will have four-legged friends visiting our community on January 5, 15 and 26 at 2:00 pm in the Game Room.

7

Calligraphy 101

Join us on January 7 and 30 at 2:00 pm in Hobby Room.



8

Creative Corner. Join us on January 8 and 22 for different art projects.

10

Exercise your Brain. Join us Thursday mornings for fun brain exercises.



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



Celebrating Birthday's In January

- Nancy C.
- Eleanor T.
- Colette W.
- Anita H.
- Barbara S.
- George D.
- Pam D.
- Audrey B.
- Betty B.

CHEF STEVE’S COOKING DEMONSTRATIONS

8

Tacos al Pastor Station

15

Beef Tournedos Station

13

Sunday Brunch

January 13 from 10:30 - 1:30 pm
in the dining room.

22

Mongolian Barbeque
Station

29

Spanish Paella Station

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

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!