

PROVIDENCE CONNECT

JANUARY 2019



5039 Providence Country Club Drive,
Charlotte, NC 28277

www.waltonwood.com | 704-246-8636



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.

Please join us on January 17th from 4:00-6:00p.m. for *Family Night*, an opportunity to spend time with your loved ones while enjoying live music and chef-created hors d'oeuvres and desserts.

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

Kim Fitzgerald
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

04

Holiday Carolers

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

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!



18

Outing to Gingerbread Lane

Residents had to opportunity to visit the luxurious Ballantyne Hotel to take a trip down Gingerbread Lane.

19

Gingerbread House-Making

Residents exercised their creative side through this fun and delicious craft!



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 December includes:

- Observation Flight Deck
- Bus Tour of Charlotte
- Colonel Francis Beatty Park
- The Mint Museum

JANUARY SPECIAL EVENTS

15

Craft Class: Scrapbooking

Residents will have the opportunity to create unique scrapbooks, showcasing their families, accomplishments, and passions.

17

Family Night

Waltonwood families and residents, join us on the 17th from 4:00p.m.-6:00p.m. for live music, appetizers, and quality time with your loved ones.

22

Outing: Bus Tour of Charlotte

Residents will have the opportunity to rendezvous across the city to learn more about Charlotte's charming neighborhoods and unique history.

29

Outing: Mint Museum

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.



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



Celebrate the
New Year with
Waltonwood’s
Chef-Inspired
Cuisine!

CHEF STEVE’S COOKING DEMONSTRATIONS

10

Lunch: Asian Lunch Fried Rice

17

Dinner: Bananas Foster

24

Brunch: Gourmet Quesadilla

2/1

Dinner: Cherries Jubilee

SIGNATURE RECIPE OF THE MONTH

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.



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!