



MARCH BIRTHDAYS

- Diane A.

CHEF'S COOKING DEMONSTRATIONS

07

Lunch: Fish Taco Station

14

Dinner: Carved Turkey Station

21

Lunch: Ruben Sandwich Station

28

Dinner: Shrimp Scampi Station

CHEF STEVE'S SIGNATURE RECIPE

Irish Colcannon

Ingredients

- 3 pounds of Idaho potatoes, scrubbed
- 2 sticks of unsalted butter
- 1 1/4 cups of scalded milk
- 1 head cabbage, cored and finely shredded
- 1 (1-pound) piece ham or bacon, cooked the day before is better
- 4 scallions, finely chopped
- Kosher salt and freshly ground black pepper to taste
- Chopped parsley leaves, for garnish

Directions

1. Steam the potatoes in their skins for 30 minutes. Peel them using a knife and fork. Chop with a knife before mashing. Mash thoroughly to remove all the lumps. Add 1 stick of butter in pieces. Gradually add hot milk, stirring all the time. Season with a few grinds of black pepper.
2. Boil the cabbage in unsalted water until it turns a darker color. Add 2 tablespoons butter to tenderize it. Cover with lid for 2 minutes. Drain thoroughly before returning it to the pan. Chop into small pieces.
3. Put the ham in a large saucepan and cover with water. Bring to the boil and simmer for 45 minutes until tender. Drain. Remove any fat and chop into small pieces.
4. Add cabbage, scallions, and ham to mashed potatoes, stirring them in gently.



\$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!

PROVIDENCE CONNECT

MARCH 2019



MARCH.....THE MONTH OF GREEN

March is a month full of green; not only are we celebrating Mardi Gras and St. Patrick's Day, but as we look around we begin to see green grass growing and green buds appearing on the trees and bushes.

Both Mardi Gras and St. Patrick's Day are celebrations of renewal and cleansing. During Mardi Gras many people fast from something good, in exchange for something greater. For some people it is a physical renewal for better health, for others it is a spiritual or mental renewal for a better well being.

Saint Patrick is the patron saint of Ireland and was thought to bring about peace and cleansing to the Irish when

he introduced Christianity during a time of turmoil.

Every year we make new years resolutions in January and about this time of year they begin to fail. Let's take this month of renewal and cleansing to reevaluate our resolutions and renew our goals. We will continue to do this with our residents as we focus on physical and mental renewal with our new Bible devotion, tilling up our gardens to begin planting, implementing new and challenging programs as well as new fitness classes.

We look forward to seeing you soon!

-Your Waltonwood Family

5039 Providence Country Club Drive,
Charlotte, NC 28277
www.waltonwood.com | 704-246-8636
Facebook: /WaltonwoodProvidence

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

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Anna Rondinelli

Anna joined us in August of last year, since then she has become an indispensable and highly valued member of the Culinary Team. She is hardworking, always positive and ever ready to serve our resident's needs. Anna is a joy to be around and her positive and pleasant attitude is truly contagious.

Anna really cares about our residents. She constantly checks to make sure they are happy and always goes out of her way to provide everything they need. She is the first to ask if she can provide the Memory Care Activities Team with drinks and snacks on outings to make sure that everyone has a pleasant journey on the trip. She is also a very strong team player, she is always willing to help out other associates in any way she can.

Anna, we truly appreciate your hard work, your positive attitude and your dedication to our residents and our team here at Waltonwood. Thank you for all that you do, and for making this a great home for our residents.



FEBURARY HIGHLIGHTS

01

Go Red Walking Challenge

Residents had a great time participating in our wear red day and our community wide walk to support American Heart Month

13/14

Valentine's Theme Day

What fantastic days filled with many red and pink outfits, wonderful Valentine's music, beautiful Valentine's crafts, and delicious Valentine's dinners with adorable visitors

FOREVER FIT: HEALTHY HABBITS

In our constant battle to stay healthy during cold and flu season it seems like we can never take enough precautions to keep us safe. Annual flu shots, frequent hand washing and a steady supply of disinfectant are all great steps but they're just a start. How healthy we stay often hinges on the rest we get, the foods we eat and how active we are. Regular exercise not only decreases your risk of developing chronic conditions such as osteoporosis, diabetes and heart disease it also bolsters your immune system helping to fight off simple bacteria and viral infections too. When combined with a healthy diet rich in vitamins A, C and E, plenty of water and enough sleep exercise acts another line of defense greatly improving our chances of staying healthy. So don't forget it's never too late to develop healthy habits, and while the flu shot is a great start it's only the beginning.

05

Alphabet Museum

Residents enjoyed our trip to the Museum to learn about the history and development of the alphabet in many countries

19

Andrew Jackson Museum

Residents had a blast learning about the history of our 7th President, exploring the replica of his childhood home and dressing up in clothing from those times



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 February includes:

- Billy Graham Library
- Observation Flight Deck
- Museum of the Waxhaws
- Four Mile Creek Greenway

MARCH SPECIAL EVENTS

05

Mardi Gras Theme Day

Let's kick off Fat Tuesday with a day full of Mardi Gras fun, Mardi Gras crafts, and a delicious Mardi Gras themed dinner

05

Billy Graham Library

Join us in our visit to the Billy Graham Library to explore music, artifacts and pictures that document the history of Billy Graham's life and his ministry

13

Candy Creations

The residents are looking forward to our next candy creations where we will make candy shamrocks to help us celebrate St. Patrick's Day

22

Museum of the Waxhaws

Come explore with us the ancient Native American tribes that once roamed these lands



EXECUTIVE DIRECTOR CORNER

Happy March!

Hopefully now that winter is behind us, it's time to start getting ready for spring. You will be seeing an increase in the landscape team around the building the next couple of months sprucing up the community. We are scheduling our exterior pressure washing in the near future and will be updating our planters at the entrances soon.

Happy St. Patrick's Day!

Jeff Plummer

Executive Director