



Celebrating Birthdays In March

- Ruth N.
- Evelyn P.
- Audrey S.
- Pat M.
- Liz G.
- Jean G.
- Renee C.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S COOKING DEMONSTRATIONS

5

Cuban Panini Station

19

Ramen Noodle Station

12

Beef Kabob Station

26

Seared Ahi Tuna Station

17

St. Patrick's Day Sunday Brunch

March 17th from 10:30 - 1:30 pm in the dining room.

Guest reservations required. Guest charges: \$15 per adult, children 7 and under eat free, children ages 7-12 are half price \$7.50.

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.
5. Serve in individual soup plates. Make an indentation on the top by swirling a wooden spoon. Put 1 tablespoon of butter into each indentation. Sprinkle with parsley.

\$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



UPCOMING EVENTS HIGHLIGHT

Spring is just around the corner and your Waltonwood family cannot wait to share with you all the exciting events we have to offer.

This month there are many programs to look forward to including, an entertaining Mardi Gras themed dinner, a delicious Saint Patrick's themed Sunday Brunch and an educating bird walk at Wing Haven.

In addition, we have a special guest, Helga Long, who published her mother's memoirs in her book titled, "Helene" that takes her readers on a journey through her mother's experiences in Germany during World War II.

As we approach Spring, the tradition of spring cleaning will help us all to welcome the warmer weather. Salvation Army will be in the community to receive all of your donations that might be of use to others.

Waltonwood looks forward to celebrating all the fun events March has to offer.

Best,

-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

ASSOCIATE SPOTLIGHT

Amy Johnson

Amy has been a member of the Waltonwood family since October of last year as our chief bistro server. Amy has been an incredible addition to the culinary team as she always gives everything she does her best efforts. She is always willing to help our residents and their families wherever and whenever she can. Amy's previous customer service experience and great attention to detail does not go unnoticed. She is very patient, extraordinarily courteous and continues to pick up additional shifts when the culinary team is shorthanded. We are so grateful to have her as a part of our community, she is such a wonderful addition to Waltonwood Providence team! Congratulations to amy, on being in the associate spotlight for the month of March. Thank you for all that you do for our residents and Waltonwood!



FEBRUARY HIGHLIGHTS

01

Our ladies wearing red for Go Red for Women at the J. Jill Fashion Show

11

We had a great time celebrating national Make a Friend Day with some popcorn.



14

Sweet memories from our Valentine's Day Themed Dinner.

15

Residents at Topgolf. Great food, friends and golf!



FOREVER FIT TOPIC – Healthy Habits

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.

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 3:30 pm, 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 outings to banks, shopping centers, pharmacies, restaurants and grocery stores. Please see the calendar for specific dates and times and please sign up at the brown rectangular table by the dining room.

MARCH SPECIAL EVENTS

01

Presentation: Let's visit Jamaica with Sybil at 3:15 in the Hobby Room.

05

Join us Mardi Gras Themed Dinner with great entertainment from 5:00-6:00 in the dining room.



17

Saint Patrick's Day Brunch. Bring your family and friends for a delicious brunch with Irish food and drinks!

22

We are going to the Jewish Community Center to celebrate Purim. All Welcome!



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