



MARCH BIRTHDAYS

- Vertis A.
- Lee L.
- Margaret M.
- Millie M.
- Pauline K.
- Helen K.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

06

Dinner: Pasta and Sauces

20

Dinner: Evening Omelette

13

Lunch: French Dip and Chips

27

Lunch: BBQ Sandwiches

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



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



SPRING INTO ACTION

This March, we welcome our first day of spring and with it, a new excitement for the changing weather and opportunities that come along. Here at Waltonwood, our goal is to keep residents as active and engaged as ever with a focus on trying new activities and refreshing our passions for those we enjoyed in the past.

We are enthusiastic in our pursuit of global exploration, as we venture to the great churches of the world during this month’s “*Sip and See*” series. We are excited in our quest to continually learn by challenging ourselves to try new puzzles, riddles, and brain games every week.

We are anxious to fulfill our musical and cultural passions through the opera and ballet this month. We look forward to giving back to the community through collecting donations for the homeless of Charlotte. We are eager to create new relationships and meet new friends, as we partner with Bayada and Marvin Ridge for activities that promote socialization, health education, and mental acuity.

Always growing, always challenging ourselves, and continually springing into action, we can’t wait to meet this spring with energy and passion to be the best version of ourselves!

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

Naomi Coronado

Naomi is one of the wonderful servers for our community. She joined us here at Waltonwood in August of 2017 and since then, she has been an incredible and essential addition to our team. She is a team player and always willing to help others. Naomi is always willing to help her teammates and our residents however she can. She is very detail oriented in her care of the residents, and makes sure that they are treated like special guests in our dining room for every meal. We are sincerely grateful to have her as part of our Waltonwood family and very, very fortunate to have her on board.

Congratulations to Naomi on associate spotlight for the month of March. Thank you for all that you do for Waltonwood!



FEBRUARY HIGHLIGHTS

01

Go Red Walking Challenge
Residents and staff joined together to support women’s health and American Heart Month by wearing red and participating in a community-wide walk!

13

Valentine’s Theme Day
We celebrated Valentine’s Day in style!—with a red, white, and pink social, music from Francis Nazarro, red velvet cupcakes, carnations, cards, and special guests!

FOREVER FIT: 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.

06

Valentine’s Day Craft with Marvin Ridge
Residents got creative this Wine Down Wednesday, creating multi-media art pieces for display in the Hobby Room.



20

Family Night
Residents and family members joined together for a night of food, family, and fun! This Mardi Gras-themed event featured chef-created appetizers, desserts, and live music from Pete Melrose!



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 March includes:

- Trio Restaurant
- Target
- Sally Beauty
- Java’s Bakery and Café
- Museum of the Waxhaw’s and Lunch at Chuy’s
- Amelie’s French Bakery

MARCH SPECIAL EVENTS

05

Fat Tuesday
Celebrate Fat Tuesday the Waltonwood way: with a full day of Mardi Gras-themed activities, including musical entertainment, crafts, and a themed dinner!

21

Room in the Inn
Residents will once again team up with the Harris YMCA to create snack bags and donate necessities to the homeless of Charlotte through the Room in the Inn Program.

07

Peter Pan Ballet
Please join us as we return to the Knight Theater in uptown for a Senior Dress Rehearsal showing of the Charlotte Ballet’s rendition of Peter Pan.

22

Museum of the Waxhaw’s
Residents are invited to join us on an educational outing! The Museum of the Waxhaw’s is a small, local nonprofit that specializes in the history and culture of Waxhaw, NC.



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