



Celebrating Birthdays In April

- Jimmy C.
- Mike C.
- Jerry L.
- Gert G.
- John C.
- Ed L.

CHEF'S COOKING DEMONSTRATIONS

02

Panini Station

16

Ruben Station

09

Asian Wok Station

23

Cherries Jubilee Station

17

Easter Sunday Brunch

April 21st 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

Primavera Spring Vegetable Fettuccine Alfredo

Ingredients

- Kosher salt
- One 9-ounce package fresh fettuccine
- Extra-virgin olive oil, for tossing
- 2 cups shiitake mushrooms (about 4 ounces), stems removed and discarded
- 1 tablespoon chopped chives
- 1 1/2 cups freshly grated Parmigiano-Reggiano cheese
- 1 bunch thin asparagus, about 1 pound
- 1 stick (8 tablespoons) unsalted butter
- 1/2 cup frozen peas
- Freshly ground black pepper
- 2 cups heavy cream
- Finely grated zest of 1/2 lemon

Directions

Bring a large pot of generously salted water to a boil. Add the pasta and cook according to package directions until al dente, tender but slightly firm. Reserve 1/2 cup of the pasta water, then strain the pasta and toss with a splash of oil in the colander.

Meanwhile, slice the mushroom caps into 1/4-inch-thick strips. Snap the woody ends off the asparagus and cut into 2-inch lengths. Heat a large skillet over medium heat, and add 2 tablespoons of the butter. When the butter melts, raise the heat to medium-high and add the mushrooms in 1 layer. Cook, without moving, until the undersides have browned, 1 to 2 minutes, then stir and cook until golden about 2 minutes more. Add the asparagus, another tablespoon of butter, and 1/2 teaspoon salt and continue to cook, stirring occasionally until the asparagus is tender and the mushrooms are browned, 2 to 4 minutes. Transfer the vegetables to the colander with the pasta.

Reduce the heat to medium and add the remaining 5 tablespoons butter. When the butter has mostly melted, whisk in the cream and bring to a simmer, then add the peas and cook for 2 minutes. Turn off the heat.

Whisk the Parmigiano-Reggiano into the sauce. Add the vegetables, cooked pasta, chives and lemon zest and toss well. Season with salt and pepper. The pasta will thicken as it cools. To thin it, add reserved pasta water 1 tablespoon at a time and toss to reach the desired consistency. Serve hot in heated bowls.



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!

PROVIDENCE CONNECT

APRIL 2019



UPCOMING EVENTS HIGHLIGHT

Dear residents,

I hope you are as excited as we are to welcome this spring season. Spring is such a beautiful time to enjoy the outdoors, celebrate Easter and Passover and to do some spring cleaning!

Here at Waltonwood we are ready to celebrate this spring season with great programs beginning with an Easter Egg Hunt, Passover seder, Good Friday service, an outing to Glencairn Garden, a presentation about the history of Lake Norman and a mock Masters Golf Tournament.

We hope you can share some of these great programs with us!

Best,

-Your Waltonwood Family



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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

SHERENE JAMES

Waltonwood would like highlight Sherene James from our Environmental Services Department. Sherene is always full of love, laughter and joy. She always brings a smile to each person’s day. Sherene has been with our Waltonwood family for a year and makes a positive difference each day. While visiting with our residents, Sherene adds joy to their lives each day. Sherene makes sure that each resident feels special and often writes letters to them while they are not well. Sherene has a wonderful relationship with each associate, family member and resident. Her commitment and dedication to our community does not go unnoticed. We are so proud of Sherene and want to congratulate her on her achievement of associate of the month for April. Thank you for all that you do for our Waltonwood family.



MARCH HIGHLIGHTS

01

Sybil Leslie did a great job with her presentation about Jamaica!

05

Arleen made a beautiful Mardi Gras mask.



05

Having fun at our Mardi Gras Themed Dinner.

11

Our residents enjoyed a nice afternoon of painting.



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.

APRIL SPECIAL EVENTS

12

Ann Morin’s Presentation: The Making of an Astronaut and his Flight into Space

12

Masters Golf Tournament



17

Easter Egg Hunt in the Court Yard

24

Complimentary chair massages from South Charlotte Chiropractic



FOREVER FIT TOPIC – The Power of the Sun

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun’s rays, there are also plenty of reasons to step out side and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don’t realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU’s. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

EXECUTIVE DIRECTOR CORNER

Happy April!

As most of you know, the Department Head Team recently made the trek to Michigan for our Annual Waltonwood Symposium. In addition to exchanging a plethora of ideas and learning new information to be able to bring back to the community, we were recognized for multiple awards. Placing 1st or 2nd in 7 out of 15 categories, we were recognized for Resident Care, Life Enrichment, Maintenance, Marketing and overall performance. Waltonwood Providence was also awarded “2018 Waltonwood Community of the Year”. I would to thank all of the hard work and dedication from all the Associates at Waltonwood Providence and look forward to continued success.

Jeff Plummer
Executive Director