



## MAY BIRTHDAYS

- Merlene W.

## CHEF'S COOKING DEMONSTRATIONS

09

Lunch: Pierogi Station

16

Dinner: Schnitzel & Pommes Frites Station

23

Lunch: Baked Potato Station

30

Dinner: Cherries Jubilee Station

## CHEF STEVE'S SIGNATURE RECIPE

### Spring Green Risotto

#### Ingredients

- 1 1/2 Tblsp. good olive oil
- 1 1/2 Tblsp. unsalted butter
- 3 cups chopped leeks, white and light green parts (2 leeks)
- 1 cup chopped fennel
- 1 1/2 cups Arborio rice
- 2/3 cup dry white wine
- 4 to 5 cups simmering chicken stock
- 1 pound thin asparagus
- 10 ounces frozen peas, defrosted, or 1 1/2 cups shelled fresh peas
- 1 Tblsp. freshly grated lemon zest
- Kosher salt and freshly ground black pepper
- 2 Tblsp. freshly squeezed lemon juice
- 1/3 cup mascarpone cheese, preferably Italian
- 1/2 cup freshly grated Parmesan cheese, plus extra for serving
- 3 Tblsp. minced fresh chives, plus extra for serving

#### Directions

1. Heat the olive oil and butter in a medium saucepan over medium heat. Add the leeks and fennel and sauté for 5 to 7 minutes, until tender. Add the rice and stir for a minute to coat with the vegetables, oil and butter. Add the white wine and simmer over low heat, stirring constantly, until most of the wine has been absorbed. Add the chicken stock, 2 ladles at a time, stirring almost constantly and waiting for the stock to be absorbed before adding more. This process should take 25 to 30 minutes.
2. Meanwhile, cut the asparagus diagonally in 1 1/2-inch lengths and discard the tough ends. Blanch in boiling salted water for 4 to 5 minutes, until al dente. Drain and cool immediately in ice water. (If using fresh peas, blanch them in boiling water for a few minutes until the starchiness is gone.)
3. When the risotto has been cooking for 15 minutes, drain the asparagus and add it to the risotto with the peas, lemon zest, 2 teaspoons salt and 1 teaspoon pepper. Continue cooking and adding stock, stirring almost constantly, until the rice is tender but still firm.
4. Whisk the lemon juice and mascarpone together in a small bowl. When the risotto is done, turn off the heat and stir in the mascarpone mixture plus the Parmesan cheese and chives. Set aside off the heat for a few minutes, sprinkle with salt and pepper, and serve hot with a sprinkling of chives and more Parmesan cheese.

**\$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

MAY 2019



## Honoring Those Special People in Our Lives

May is full of days to recognize those special people that have been a key part of our lives including Mother's Day, Armed Forces Day and Memorial Day. Please take a moment to thank those special people for all they have done for you, your family and for our country.

April Showers do bring May flowers and we are not only enjoying the beautiful flowers coming up in our courtyard, but we are planting our own patio pots full of blooms to enjoy every day. We are also watching our caterpillars grow and in May we will enjoy seeing them turn into beautiful butterflies and release them into our courtyard so they can also enjoy our flowers.

We will continue our Celebration of Spring with our Cinco de Mayo theme dinner and crafts, our outing to Glencaring Botanical Gardens, making hats to watch the Kentucky Derby and many more activities centered around spring.

We hope you can come enjoy our beautiful gardens and share some of these great programs and events with us.

Your Waltonwood Family



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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

### Janet Good

Waltonwood would like to highlight Janet Good from our Environmental Services Department. Janet is our housekeeping supervisor. Janet has been with Waltonwood for over four years and maintains a loving and warm environment for all of our residents. Janet is very dedicated to each resident and is always willing to help. Janet 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 Janet and want to congratulate her on her achievement of associate of the month for May. Thank you for all that you do for our Waltonwood family.



## APRIL HIGHLIGHTS

09

**Mint Hill Veterans Memorial Park**  
The residents found it interesting reading about where the soldiers had served and what wars they fought for our country.

15

**Ladies Luncheon at Big View Dinner**  
The ladies enjoyed the delicious food, but more importantly the wonderful company and stories that were shared at our luncheon.

11

**Ice Cream Social**  
We all enjoyed our Ice Cream Floats provided by Bayada and a chance to socialize with the residents in Assisted Living and Annabel's Cottage.



19

**Easter Egg Hunt**  
The residents had so much fun decorating eggs, making our Easter bags and then finding all the goody filled eggs on the big scavenger hunt.



## FOREVER FIT: National Senior Health and Fitness Day

On Wednesday May 29<sup>th</sup> join with over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. Now in its 26<sup>th</sup> year, this annual celebration highlights the impact that staying healthy and fit has on our overall wellness as we age. This year's theme "Live and Thrive with Exercise", shifts the focus squarely onto the role that regular exercise plays in maintaining our health and independence. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise while finding creative ways to incorporate it into your daily routine. From group classes to fitness center training and everything in between the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 29<sup>th</sup> join us as we celebrate National Senior Health and Fitness Day and show what it means to truly "Live and Thrive with Exercise."

## 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 May includes:

- Glencarin Botanical Gardens
- Four Mile Creek Greenway
- Petsmart Rea Road
- James K. Polk Museum
- Weekly Friday Outings

## MAY SPECIAL EVENTS

03

**Mexican Theme Dinner**

Come join us for a day full of fun Cinco de Mayo themed events, crafts and delicious food.

14

**Four Mile Creek Greenway**

Residents will enjoy a beautiful nature walk as we stroll down the greenway.

07

**Glencarin Botanical Gardens**

The residents will enjoy the beautiful flowers brought by the April showers, as we walk through the gardens

28

**James K. Polk Museum**

Residents will visit the historic land of James K Polk's family and learn about the history of his life and political career.



## EXECUTIVE DIRECTOR CORNER

Happy May!

I would like to welcome Amanda Romero, RN as our new Resident Care Manager for Assisted Living and Memory Care. Amanda has been a wonderful addition to our management team bringing a wealth of knowledge in the senior living industry.

As spring is now in full effect, we will be mulching, pressure washing and window cleaning the entire campus. Please be on the lookout for these improvements and thank you for your patience any inconvenience this may cause.

Lastly, we will be hosting our 1<sup>st</sup> Annual Camp Waltonwood in June. This will be a great opportunity for child-age family members to interact with our residents and staff for a fun afternoon of camp activities. More information will be available this month.

Best Regards,

Jeff Plummer  
Executive Director