



CHEF'S COOKING DEMONSTRATIONS

08

Dinner: Pasta and Sauces

15

Lunch: Cuban Panini Station

22

Dinner: Middle Eastern Kabobs

29

Lunch: Tex-Mex Fajitas

CHEF STEVE'S SIGNATURE RECIPE

Spring Green Risotto

Ingredients

- 1 1/2 tbsp good olive oil
- 1 1/2 tbsp 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 chicken stock
- 1 pound thin asparagus
- 10 ounces frozen peas, defrosted, or 1 1/2 cups shelled fresh peas
- 1 tbsp freshly grated lemon zest (2 lemons)
- Kosher salt and freshly ground black pepper
- 2 tbsp freshly squeezed lemon juice
- 1/3 cup mascarpone cheese
- 1/2 cup freshly grated Parmesan cheese, plus extra for serving
- 3 tbsp minced fresh chives

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. 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.
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!

MAY BIRTHDAYS

- Rita L.
- Dottie N.
- Mary Jane T.



FRIENDS & FAMILY REFERRAL PROGRAM!



PROVIDENCE CONNECT

MAY 2019

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



CONNECT, CREATE, CONTRIBUTE

This May, we celebrate Older Americans Month. This month is dedicated to enhancing the quality of life of seniors through the theme of *Connect, Create, Contribute*.

We *connect* with our Waltonwood community this month through multiple opportunities to socialize each week, including a new ice cream float happening select Saturdays. We *create* through crafting beautiful necklaces in bracelets during beading on Tuesdays and through tending to our garden and new blossoms on Thursday mornings. We *contribute* to our community at large through baking cookies for the firefighters and EMS who serve our region—a way to say *thank you* for all that they do for us.

Lastly, one of the most important things we can do for the older adults in our community is to honor them through service. This month, the activities team will be offering relaxing hand massages and aromatherapy every Thursday during tea time, as a means of treating our residents to a mini spa experience right here at Waltonwood.

Join us on our special outings this month to enjoy the great outdoors, including Glencairn Gardens on May 10th and the McDowell Nature Preserve on May 24th.

We look forward to a wonderful month full of sunshine and activity!

-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

Mara Barrios-Malabad
Life Enrichment Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg
Marketing Manager

Eric Davis
Wellness Coordinator

Grace Gallozzi
Special Care Coordinator

ASSOCIATE SPOTLIGHT

Nancy Parola

Nancy Parola is one of our wonderful concierge team members. Nancy has been a wonderful addition to the Waltonwood community. Before becoming a concierge, Nancy served as a Medication technician in our Assisted Living community for many years. Her dedication to each resident and the community never goes unnoticed. She is always willing to help other associates and residents. She is punctual, reliable, sweet and very helpful to each resident. We are so thankful for all that she does for the Waltonwood community. Congratulations to Nancy on associate of the month for May.



APRIL HIGHLIGHTS

05

Gardening

Residents enjoyed spending time in the courtyard tending to the garden. We are so excited to for our vegetables and herbs to grow and for our flowers to bloom!

16

Relaxation Room

Residents were pampered on National Stress Awareness Day. Relaxing music and aromatherapy entertained the senses while nail services and hand massages were offered.



25

Spring Tea Party

Residents spent tea time in the courtyard, enjoying the beautiful weather and our newly-planted garden.

26

Levine Museum of the New South

Resident visited the Museum of the New South, which focuses on life in North Carolina after the Civil War.



FOREVER FIT: NATIONAL SENIOR HEALTH AND FITNESS DAY

On Wednesday May 29th join with over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. Now in its 26th 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 29th 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:

- Hallmark
- Big View Diner
- Glencairn Gardens
- Mario's Italian Restaurant
- Harris Teeter
- Dollar Store
- Fresh Market

MAY SPECIAL EVENTS

02

Mexican Theme Dinner

Join us in celebrating with a day full of festivities! We will be making a fun fiesta flower craft and celebrating with an evening of delicious Mexican-inspired foods and drink!

07

Cookies for the Firefighters

Join us as we bake cookies for the Firefighters and EMS to say thank you for all that they do for our residents and our Charlotte community.



16

Weston Group Field Day

Residents will have the opportunity to enjoy an afternoon of outdoor activities with the Weston Group, including bocce ball, corn hole, and putting.

24

McDowell Nature Center

Residents will have the opportunity to visit the McDowell Nature Center and preserve. With its many trails and education center, there is something for everyone!



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 1st 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