



CHEF’S COOKING DEMONSTRATIONS

07

Dinner: Asian Stir Fry Station

17

Dinner: Cubano Panini Station

10

Lunch: Tex-Mex Fajita Station

24

Lunch: Ruben Station

JULY BIRTHDAYS

- Margaret B.
- Paul B.

CHEF STEVE’S SIGNATURE RECIPE

Summer Pork, Ginger and Cucumber Salad

Ingredients

- 1 lean pound ground pork
 - 1 tablespoon canola oil
 - ½ cup freshly grated carrots
 - 2 cloves garlic, finely minced
 - 1 small red chili (seeded if desired), finely minced
 - 2 ½ tablespoons freshly grated ginger root
 - 2 tablespoon low-sodium soy sauce
- 4 tablespoon fresh lime juice
 - 1 teaspoon brown sugar
 - 1 English cucumber, thinly sliced
 - 2 scallions, thinly sliced
 - 1 cup fresh cilantro, chopped
 - ½ cup fresh mint, chopped
 - 1 cup cooked and cooled long-grain (Basmati or Jasmine) white rice

Directions

1. Brown ground the pork in a skillet with the canola oil. Toss in the garlic, red chili, and 2 tablespoons grated fresh ginger. Remove from heat and toss with 2 tablespoons of the lime juice and 1 tablespoon of the soy sauce (add 1/4 cup water if the mixture is too dry). Allow to cool.
2. Whisk the remaining 2 tablespoons of lime juice with 1 tablespoons soy sauce, 1/2 tablespoon grated ginger and brown sugar. Toss with cucumber, carrots and scallions; fold cilantro and mint in to the mixture.
3. Serve over the cooked, cooled rice.
4. Garnish with sprigs of fresh cilantro.



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

JULY 2019

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



Summer Celebrations

This July, we celebrate the independence of our beautiful country as well as summer and new programs! In addition to new programs, we would like to introduce two new associates to the Life Enrichment Team.

Jocelyn Leaf is our new Forever Fit Coordinator and a native of Florence SC. She recieved her degree in Exercise Science from Winthrop University. She started with instructing classes for children, in York and Charlotte-Mecklenburg Counties for two years. She found an interest in the senior population in her last year at Winthrop during her internship as a Wellness Intern at Westminster Towers Retirement Community. She is currently pursuing her Master’s in Public Health with a focus on Health Promotion at Liberty University. Jocelyn loves teaching fitness and is excited to be a part of the Waltonwood Providence Community!

Alyssa Hester is our new Life Enrichment Assistant she is a recent graduate of UNC Charlotte and studied Health Management and Gerontology. She grew up in Florida and now calls Charlotte her home. Alyssa did her internship with us for a few months and is excited to be a part of the team now. She will be assisting with implementing and planning our programs and looks forward to meeting everyone and learning what everyone’s interests are. If you have any comments, suggestions or concerns, she will be happy to help!

We are very excited to have Jocelyn and Alyssa and we cannot wait to see the great things they bring to the community!

We would like to officially wish everyone a happy summer and hope for safe travels all summer long!

-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

Ashley Jensen
Life Enrichment Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg
Marketing Manager

Amanda Romero
Resident Care Manager

Eric Davis
Wellness Coordinator

Grace Gallozzi
Special Care Coordinator

ASSOCIATE SPOTLIGHT

Raven Covington

Raven has worked in health care focusing on geriatrics for over 10 years, 3 of them spent here at Waltonwood. She is one of our second shift supervisors in charge. Raven is a wonderful caregiver and Med Tech! She takes such pride in every aspect of her role. She has a caring heart and consistently goes above and beyond for the residents at Waltonwood. She is always engaging with each resident and has wonderful relationships with many of our family members. We are so thankful for all that she does for our Waltonwood community. Congratulations to Raven on being recognized as the associate of the month for July. Thank you for all that you do for our community!



JUNE HIGHLIGHTS

14

Camp Waltonwood

We had a blast with the grandchildren that were able to make it to Camp Waltonwood. The residents were able to help us prepare and make the day fun for everyone. The whole community was camp themed. We can't wait for next year!

21

Picnic Lunch at Colonel Francis Beatty Park

What a beautiful day for the first day of summer! The kitchen prepared great sandwiches for the residents to enjoy under a shady picnic area. We all were able to play some outdoor games and go for a nice walk!

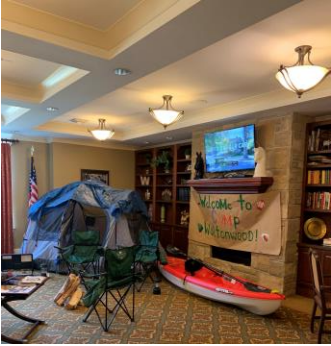
FOREVER FIT: Healthy Hydration

Healthy hydration habits are important any time of the year but they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age, the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and fit in the months to come. Making sure there's always fluids nearby to drink throughout the day, eating plenty of fruit and vegetables like cucumber and watermelon and avoiding strenuous outdoor activities during the peak hours of the afternoon can all help to keep us safe and hydrated during the dog days of summer.

16

Popsicle Social in the Courtyard

The rain stayed away and we were able to enjoy some cold, yummy popsicles outside in our courtyard. The residents listened to music and reminisced on when they used to enjoy popsicles outside!



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 July includes:

- Barnes & Noble
- Panera
- Olde Mecklenburg Brewery
- Michaels
- Harris Teeter
- Dollar Store
- Publix
- Out for Ice Cream
- Ted's Montana Grill
- Wells Fargo Museum

JULY SPECIAL EVENTS

10

National Piña Colada Day

What better way to celebrate than to have a nice cold Piña Colada outside in the courtyard! We will be serving Alcoholic and Non-Alcoholic for all the residents!

18

Technology Class: FaceTime & More

A few Girl Scouts will come in and present to us about different ways to use technology. Please join us and bring your electronic devices, they will be prepared to help and answer any questions!

17

Arm Chair Travel

It is time to take a seat and relax a little bit! We will be "traveling" to two different places this month, the moon and Portugal. We will learn all about the history, special facts, and even some trivia through a PowerPoint presentation in the hobby room!

26

Wells Fargo Museum

Join us as we explore the first gold rush in America — in 1799 — to the tales of the '49ers. Learn how each still impacts you today. We will be able to go back to the good old days where the bank teller actually gave us lollipops and see how everything is quickly changing!



EXECUTIVE DIRECTOR CORNER

Happy July!

I want to extend a big thanks to all that attended our Camp Waltonwood event last month. We had 20 children participate in camp themed activities. The residents volunteered, participated and enjoyed watching many of the activities in Independent, Assisted and Memory Care. Thank you to all the volunteers and staff for putting together such a wonderful event! We look forward to hosting another event soon.

Best Regards,
Jeff Plummer
Executive Director