



CHEF’S COOKING DEMONSTRATIONS

04

Lunch: Burgers, Dogs and BBQ

18

Lunch: Cajun Jambalaya Station

11

Lunch: Soft Taco Station

25

Dinner: Surf and Turf Station

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.



\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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



Sun Time Is Fun Time

July is a time for fireworks and celebrating America's independence and all those that helped us achieve our independence. Here at Waltonwood we are also celebrating new programs that are being introduced, many fun outings and socials this month, as well as two new additions to our Life Enrichment team. We are super excited to have Jocelyn Leaf and Alyssa Hester join us.

On May 28th, Jocelyn Leaf joined our team as the new forever fit coordinator. Jocelyn is a native of Florence, South Carolina. She graduated from Winthrop University in 2017 with a degree in Exercise Science. Upon graduation she began instructing fitness classes for children in York and Charlotte-Mecklenburg County schools for two years. Jocelyn found an interest in the senior population when working an 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!

On June 12th Alyssa Hester joined our team as the new life enrichment assistant, Alyssa 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 completed her internship with us this past spring and is excited to be a permanent part of the team. 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 hope you can come meet our new team members and join us for many of our great programs and events we will be involved in this month.

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

Kim Fitzgerald
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

TRANSPORTATION INFORMATION

Betty Good is one of our longest serving Culinary Associates. She provides excellent service and genuine attention to residents in our Memory Care Community. Betty joined us here at Waltonwood in 2015, and since that time she has been an incredible and essential asset to our team. Betty is always willing to go the extra mile to help her coworkers and our residents however and whenever she can. We are sincerely grateful to have her as part of our Waltonwood family and very, very fortunate to have her at Providence. We are so proud of Betty and want to congratulate her on her achievement of associate of the month for July.

Thank you Betty for all that you do.



JUNE HIGHLIGHTS

04

Wing Haven

The residents really enjoyed their visit to Wing Haven to see the birds and take in all the beautiful gardens.

11

Popcicles in the Park

We all enjoyed a beautiful day walking around Cullman Park, feeding the ducks and staying cool with some delicious popcicles.



17

Father's Day Men Luncheon

Several of the gentlemen enjoyed the good food and great company at our Father's day "tie social" luncheon.

21

Picnic at Francis Beatty Park

Residents from all three communities enjoyed a beautiful day at the park eating, playing games, walking around the pond and feeding the ducks.



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.

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:

- Bus Tour of Uptown Charlotte
- Levine Museum of The South
- Elder Gallery of Contemporary Art
- Jolly Rolls Ice Cream
- Duke Mansion
- Amelie's French Bakery

JULY SPECIAL EVENTS

09

Levine Musum of the New South

Residents will expore a variety of exhibits about the history and cultures of the New South from 1865 to today.

16

Elder Gallery of Art

Residents will enjoy viewing contemporary exhibits from 20 different artists in the "Summer Selects" series



23

Duke Mansion

The Residents are looking forward to exploring the elegant decor and beautiful landscape of the Duke Mansion.

1, 8, 22, 29

Monday Socials

We will be hosting several themed socials this month to allow our residents to get to know eachother and welcome our new residents.



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