



Celebrating Birthdays In June

- Joyce V.
- Joyce G
- Philip W.
- Edith B.
- Joanna B.
- Annette H.
- Betty K.
- Sally W.
- Terence G.
- Ann M.
- Gene M.
- Ellen G.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S COOKING DEMONSTRATIONS

02

Omelet Station

09

Italian Panini Station

12

Sunday Brunch

July 14th from 10:30 - 1:30 pm in the dining room.

16

Carved Beef Tenderloin Station

23

Wild Mushroom Risotto Station

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

Summer Pork, Ginger and Cucumber Salad

Ingredients - Serves 4

- 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

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



UPCOMING EVENTS HIGHLIGHT

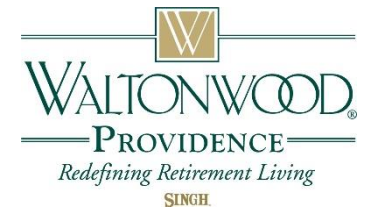
Dear residents,

In July we will celebrate our Independence Day starting off with a delicious cookout, followed by entertainment from David Jennings, and we will close the night by watching a PBS live broadcast from the West Lawn of the U.S. Capitol, "A Capitol Fourth." We look forward to celebrating July 4th with you and your loved ones.

Please check out all the special programs and outings we have scheduled for this month.

Best,

-Your Waltonwood Family



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www.waltonwood.com | 704-246-8670
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

Ana Herrera Turpin
Life Enrichment Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg
Marketing Manager

ASSOCIATE SPOTLIGHT

Ludmilla Kiselev

Waltonwood would like highlight Ludmilla Kiselev from our Environmental Services Department. Ludmilla always brings a smile to each person’s day. She has been with our Waltonwood family for over four years and makes a positive difference each day. While visiting with our residents, Ludmilla always provides support with her willingness to listen to each resident and often finds a connection from their pasts. Ludmilla ensures that each resident knows how much they mean to her and our community. She 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 Ludmilla and want to congratulate her on her achievement of associate of the month for July. Thank you for all that you do for our Waltonwood family.



JUNE HIGHLIGHTS

04

Our residents making the sign for Camp Waltonwood!

10

Nail painting with the ladies!



14

Our residents had a great time helping out at Camp Waltonwood!

17

Enjoying the summer with a Watermelon Social.



FOREVER FIT TOPIC – 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.

T 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 he calendar for specific dates and times and please sign up at the brown rectangular table by the dining room.

JULY SPECIAL EVENTS

4

Let’s celebrate our Independence Day with a Stars and Stripes lunch.

5

Come check out the Wells Fargo Museum.



28

Come get a banana split!

30

Join us for a fun afternoon of painting and pastries.



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