



CHEF’S COOKING DEMONSTRATIONS

04

Lunch: French Dip Sandiwch Station

18

Dinner: Asian Wok Fried Rice

11

Remember 9/11

25

Lunch: Pasta & Sauces

Pho
Ingredients

For the Stock:

- 4 pounds of beef bones (available at most grocery stores)
- 1 onion, unpeeled and cut in half
- 5 slices fresh ginger
- 1 teaspoon salt
- 2 pods star anise
- 2 ½ tablespoons fish sauce
- 4 quarts water
- 1 (8 ounce) package dried rice noodles

Directions

- 3. Preheat oven to 425 degreeds Farenheit
- 4. Place beef bones on baking sheet and roast in the preheated oven until browned, about 1 hour
- 5. Place onion on a baking sheet and roast in the preheated oven until blackened and soft, about 45 minutes
- 6. Place bones, onion, ginger, salt, star anise, and fish sauce in a large stockpot and cover with 4 quarts of water. Bring to a boil and reduce heat to low. Simmer on low for 6-10 hours. Strain broth into sauce pan and set aside.

For the Bowl:

- 1 ½ pounds beef top sirloin, thinly sliced
- ½ cup chopped cilantro
- 1 tablespoon chopped green onion
- 1 ½ cups bean sprouts
- 1 bunch thai basil
- 1 lime, cut into 4 wedges
- ¼ cup hoisin sauce (optional)
- ¼ cup chili-garlic sauce

- 1. Place rice noodles in large bowl filled with room temperature water and allow to soak. Bring a large pot of water to a boil and after the noodles have soaked, place them in the boiling water for 1 minute. Bring stock to a simmer.
- 2. Divide noodles among 4 serving bowls; top with sirloin, silantro, and green onion. Pour hot broth over the top. Stir and let sit until the beef is partially cooked and no longer pink, 1 to 2 minutes. Serve with bean sprouts, thai basil, lime wedged, hoisin sauce, and chili-garlic sauce

\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!



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

PROVIDENCE CONNECT

SEPTEMBER 2019



Almost Fall!

Happy September and bring on the cool weather! With fall right around the corner we will be spending more time outside with several outdoor programs and outings planned.

This month, we will be visiting the always beautiful Duke Mansion Gardens. We can admire all of the changing colors that the leaves and flowers of the gardens have to offer. The Duke Mansion is spectacular year-round and we are so excited to visit.

In addition, we will be hosting our very own vintage car show! Several car owners will be bringing their beloved cars for us to look at and sit in- in the convenience of our parking lot. Join us for a fun time and we can reminisce about some of these cars!

Another outing that we have planned is the Lake Norman Boat Tour. We had so much fun last year seeing the beautiful houses and relaxing on the water that we want to do it again!

We would like to announce that we will be starting to use a new system for our calendars and newsletters called InTouch Link. This will be very convenient as it will utilize the TVs in the residents rooms or around the building and family and friends can look at what is going on in the community right online.

Remember to enjoy the fall weather this month, spend time with friends and family, and cheer on your favorite football team!

-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

Dana Gurley
Wellness Coordinator

Grace Gallozzi
Special Care Coordinator

ASSOCIATE SPOTLIGHT

Jill Curtis

Jill Curtis joined our Waltonwood family just a few months ago and has been a wonderful additional to our nursing team! Jill always comes to work with a smile on her face and is willing to tackle any task necessary. Jill is a great team player and a wonderful caregiver to our residents. Our nursing team has received countless compliments regarding the great and compassionate care that Jill provides to our residents and we cannot thank her enough. Jill is a very dependable and dedicated caregiver to our community and we are so happy to recognize her as our associate of the month for September. Thank you Jill for all that you do for our community.



AUGUST HIGHLIGHTS

3

Petting Zoo

We had so much fun being able to hold and pet all of the animals right in our parking lot. We are so thankful for Elevation Church for hosting such a great event and making our days with all the cute animals!

8 & 22

Coffee, Donuts, & Creative Coloring

Sometimes the little things can make your day just a little bit better. The residents truly enjoyed taking some time to relax, color, and of course enjoy the donuts!



29

Slip N Slide

We had so much fun with the residents at our first Slip N Slide. The residents were able to act like kids again and enjoy the fun and nice weather. The hour was full of laughter and smiles. What a good way to get all three communities together!

29

Luau Themed Day

The residents had so much fun with our full day of Luau themed programs! We hosted a balance chat, residents participated in our Slip N Slide, ALOHA bingo, and we ended the day with a very yummy dinner, drinks, and a fun time!



FOREVER FIT: Consistency is Key

As fragile as our bodies can be, they are equally as resilient and capable. Their innate ability to grow stronger, faster and more efficient is one of the tangible qualities that drives ones exercise motivation. Our muscle memory, or the ability to complete a movement without thought through constant repetition, relies heavily on our commitment to regular, daily exercise. Over time these constant repetitions allow your body to be stronger and far more efficient in the activities you perform. With exercise, an increase in efficiency also typically means an increase in safety. Muscles strengthen, joints become more mobile and a potential fall risk can reduce significantly. So, while the results you want may not come in a day stick with it. Consistency is key and your commitment to exercise will pay off in the long run.

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 September includes:

- Charlotte Greek Festival
- Mac’s Seafood
- Queen’s Landing Boat Tour
- Duckworth’s
- Movie Outing
- Harris Teeter
- Publix
- CPCC Play: Shakespeare In Love
- Observation Flight Deck
- Duke Mansion Garden



SEPTEMBER SPECIAL EVENTS

12

Classic Car Show

Join us for our very own vintage car show! There will be several kinds of cars lined up in our parking lot for you to look at and sit in. Come reminisce with us!

20

Queen’s Landing Boat Tour

What’s better than cruising Lake Norman on a river boat while having lunch? Take in the beautiful autumn weather as we dine on the “Catawba Queen” of Lake Norman.



25

Armchair Travel to Peru

Alyssa had the opportunity to travel to Peru this summer right after graduation. She took beautiful pictures and has some great stories and facts to share with all of you. Come to the hobby room to travel through her visit with her!

30

Duke Mansion Gardens

Now that the weather will start to cool off, we can enjoy some outdoor time at the Duke Mansion. Nestled away in the Queens neighborhood of Charlotte, the historic site is now a bed and breakfast with beautiful gardens for us to explore. Don’t forget to bring your camera!



EXECUTIVE DIRECTOR CORNER

Happy September!

Fall is officially here! Time for pumpkin everything, cooler weather and football season. Some exciting news from the Life Enrichment Department is the unveiling of our new “In Touch” system. The television monitors throughout the community will now have daily content pertaining to happenings in the community. We will be able to communicate upcoming events and changes to the schedule more effectively. Be on the lookout for the system to be up and running by mid-September.

Best Regards,
Jeff Plummer
Executive Director