



## CHEF’S COOKING DEMONSTRATIONS

05

Lunch: Carved Prime Rib

12

Dinner: Bananas Jubilee

19

Lunch: Maryland Crab Cakes

26

Dinner: Cherries Jubilee

## CHEF STEVE’S SIGNATURE RECIPE

### Authentic Vietnamese Pho

#### Ingredients

##### For the Stock

- 4 Pounds of Beef Bones
- 1 Onion, Unpeeled and Cut in Half
- 5 Slices Fresh Ginger
- 1 Tablespoon Salt
- 2 Pods Star Anise
- 2 1/2 Tablespoons Fish Sauce
- 4 Quarts Water
- 1 (8 Ounce) Package Dried Rice Noodles

##### For the Bowl

- 1 1/2 Pounds Beef Top Sirloin, Thinly Sliced
- 1/2 Cup Chopped Cilantro
- 1 Tablespoon Chopped Green Onion
- 1 1/2 Cups Bean Sprouts
- 1 Bunch Thai Basil
- 1 Lime, Cut into 4 Wedges
- 1/4 Cup Hoisin Sauce (Optional)
- 1/4 Cup Chili-Garlic Sauce

#### Directions

- Preheat oven to 425 degrees F.
- Place beef bones on a baking sheet and roast in the preheated oven until browned, about 1 hour.
- Place onion on a baking sheet and roast in the preheated oven until blackened and soft, about 45 minutes.
- 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 to 10 hours. Strain the broth into a saucepan and set aside.
- 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.
- Divide noodles among 4 serving bowls; top with sirloin, cilantro, 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 wedges, hoisin sauce, and chili-garlic sauce on the side.

**\$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

SEPTEMBER 2019



## Busy Times Ahead

September is the gateway for the busy holiday season coming up in the next few months. At Waltonwood we too are busy during the month of September with many new activities, outings, special events and even new ways of communication.

September is the National Hispanic Heritage month, so we will be visiting the Mexico Museum at JAARS in Waxhaw to learn more about their customs. Alyssa will also host a presentation about about Peru, their culture. and what it is like to live there since she still has family living in Peru.

We are also excited to announce our Classic Car Show that we will be hosting on September 12<sup>th</sup>. We can't wait to take a walk down memory lane with all the residents as they explore the beautiful vintage cars that will be on display. I'm sure there will be many wonderful memories and stories shared that day about cars from their past and we hope that you can join us as well.

Also in September are rolling out a new system called In-Touch Link that will allow us to more effectively communicate with residents, family members and associates about daily activities, special events, important messages and more.

Finally, we would like to introduce a new grief support group that Waltonwood will host once a month. Grief is not only the physical loss of someone in our lives, but it can also include the loss of someone due to divorce as well as loss of the person as we once knew them due changes in their physical as well as mental capabilities due to Dementia or Alzheimers.

We hope you can join us for many of our great programs, outings and events we will be hosting this month. We look forward to seeing you.

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

Dana Gurley  
Wellness Coordinator

Grace Gallozzi  
Special Care Coordinator



**FRIENDS & FAMILY REFERRAL PROGRAM!**



## ASSOCIATE SPOTLIGHT

**Hilda Gean** has been a vital part of our Memory Care team since 2015. Hilda is always so bubbly and comes to work full of energy. She goes out of her way to make sure the residents are happy, safe and comfortable. We are so lucky to have Hilda as a part of team Waltonwood! Congratulations to Hilda on being recognized as the associate of the month for September.

Thank you for all that you do for our community!



## AUGUST HIGHLIGHTS

08

### Candy Creations

The residents enjoyed making the adorable chocolate covered marshmallow butterflies, but most enjoyed eating them!

27

### Sea Life Aquarium

The residents really enjoyed watching the beautiful variety of fish at the aquarium. But I think they enjoyed watching the little children just as much.

13

### Wells Fargo Museum

Not only did we learn the history about the gold rush and banking industry, but there were some very interesting and fun interactive exhibits.



29

### Luau Theme Day

We all had so much fun with the Luau Health Chat, the slip and slide, our Luau happy hour and games, and we wrapped a busy day with a delicious Luau theme dinner.



## 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 many peoples 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 mean 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:

- Uptown Skyscraper – AC Hotel Rooftop Lounge
- JAARS Mexico Museum
- ?? Gallery
- US National Whitewater Center
- Weekly Scenic Drives

## SEPTEMBER SPECIAL EVENTS

3

### Uptown Skyline

We can't wait to get to the top of the AC Hotel Rooftop Lounge and take in the stunning view of our beautiful Charlotte Skyline.

10

### JAARS Mexico Museum

As we celebrate the National Hispanic Heritage month, we will be visiting the Mexico museum to see how the Bible is interpreted and celebrated in the Hispanic culture.



12

### Classic Car Show

We are excited to take a walk down memory lane with all the residents as they explore the vareity of Vintage cars that will be displayed in our parking lot.

24

### US National Whitewater Center

We are looking forward to enjoying an outdoor lunch as we watch people rafting, kayaking, rock climbing, zip linning and more.



## 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 on 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