



OCTOBER BIRTHDAYS

- Bob M.
- Nancy C.
- Theo T.
- Jackie D.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S COOKING DEMONSTRATIONS

09

Dinner: Asian Wok Stir Fry

23

Dinner: Slider Burger

16

Dinner: Bananas Foster

30

Dinner: Flatbread Pizza

Esteban's Fire House Chili

Ingredients

For the Stock:

- 2 Tablespoons vegetable or canola oil
- 4 pounds lean ground beef (85-15%)
- 2 medium onions, chopped
- 1 medium green pepper, chopped
- 1 medium red pepper, chopped
- 1 large jalapeno pepper (optional)
- 4 cans (16 ounces each) kidney beans, rinsed, and drained
- 3 cans (28 ounces each) stewed tomatoes, cut up

For the Bowl:

- 1 can (14-1/2 ounces) beef broth
- 3 tablespoons worcestershire sauce
- 4 tablespoons ketchup
- 3 tablespoons chili powder
- 2 tablespoons ground coriander
- 2 tablespoons ground cumin
- 4 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 bunch fresh cilantro roughly chopped
- 2-3 ounces ounces of grated cheddar cheese

Directions

In a Dutch oven, heat the oil over medium heat. Brown the ground beef, crumbling until no pink is shown; drain the fat and set aside. Add the onions and the peppers to the pan and cook until tender. Return meat to Dutch oven. Stir in remaining ingredients. Bring to a boil. Reduce heat; simmer, covered slightly, until flavors meld, about an hour and a half. When serving garnish with the cheese and chopped cilantro.

Healthier Options

Lean ground turkey (93% lean) contains 53% less fat and 38% less saturated fat than regular ground turkey (85% lean) and substantially less than ground beef.

Canola oil is high in monounsaturated fat, a type that helps to decrease blood cholesterol levels, and is lower in saturated fat, which can increase good blood cholesterol. Olive oil would be a great option here is as well.

\$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

OCTOBER 2019



Pumpkin Spice and Everything Nice

Fall is (finally) here and let's hope the weather begins to feel more like it. There is nothing better than being able to enjoy the perks of cooler weather. Football, fall cooking, leaves changing color, and family gatherings.

We are excited to indulge in fall recipes for our cooking class, like pumpkin chocolate chip cookies or our spooky treats for Halloween.

Halloween is right around the corner so be sure to find your spooky costumes and join us for our Halloween Theme Day. Kiddie Academy will join us for some trick-or-treating in the morning and we will have a Halloween social before our themed dinner.

Our outings will be mixed with indoor and outdoor places to visit. We will be going to the Hall Family Farm to get some pumpkins, enjoy yummy apple cider and apple cider donuts. Another outing that we have is to the Waldhorn Restaurant for one of the last days of Oktoberfest!

Waltonwood is a proud sponsor of the Alzheimer's Association and we will be walking at the BB&T ballpark on November 2nd. Families, please join us for this walk or if you would like to give a donation we have a box set up at the concierge desk, or on the Alzheimers website under Waltonwood Walkers Providence.

-Your Waltonwood Family



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COMMUNITY MANAGEMENT

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Amanda Romero
Resident Care Manager

Dana Gurley
Wellness Coordinator

Grace Gallozzi
Special Care Coordinator

ASSOCIATE SPOTLIGHT

Alyssa Hester

Waltonwood would like to highlight Alyssa Hester for our associate of the month for October. Alyssa is an incredible addition to the Life Enrichment team and started with us as an intern last year. She entered her new role as our Life Enrichment Coordinator in June and has taken the time to get to know each resident. Alyssa goes above and beyond to learn what each resident enjoys and how she can help bring smiles to their days. Both residents and families know that they can count on her to listen, share memories and enjoy a good laugh. Alyssa has brought many new ideas to the team and continues to share her love of Charlotte with her Waltonwood family. We are so proud and excited to have Alyssa as part of our Waltonwood Community. Congratulations to Alyssa on her achievement for associate of the month for October.

Thank you for all that you do for our community.



SEPTEMBER HIGHLIGHTS

12

Classic Car Show
Our car show was such a big hit! The residents enjoyed being able to walk around and look at all the vintage cars while telling stories about cars they used to have. What a good way to reminisce!

20

Queen’s Landing Boat Tour
We were blessed with beautiful weather for our boat trip. The residents had so much fun being out on the water and seeing the amazing houses on Lake Norman.



25

Armchair Travel to Peru
Alyssa had the opportunity to travel to Peru this summer right after graduation. She was able to bring pictures and share all of her great stories with the community. What an amazing time!

30

Duke Mansion Gardens
Nestled away in the Queens neighborhood of Charlotte, the historic site is now a bed and breakfast with beautiful gardens for us to explore. The gardens were absolutely beautiful.



FOREVER FIT: Better Bones

While many of us exercise to keep strong healthy muscles, the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age their need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

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 October includes:

- Bowling Alley
- Waldhorn German Restaurant
- Hall Family Farm
- City BBQ
- Movie Outing
- Harris Teeter
- Publix
- Kabuto Japanese Steakhouse
- Walmart
- Ilois Noche

OCTOBER SPECIAL EVENTS

1-7

Active Aging Week

The first week of October is active aging week, keep an eye out for all the programs we will be having to demonstrate how we are actively aging!

7

New Resident Social

Calling all new residents and neighbors! Please join us to welcome the new residents to the Waltonwood community.

11

Pink Out Day

Please join us in wearing pink on October 11th for Breast Cancer Awareness month. Let’s pink out the community!

30

Show and Tell

Please join us on October 30th for our frist Show and Tell. We welcome all residents to bring any special item, story, craft, etc. to share with the community. Waltonwood has lots of talented people and we want to see it!



EXECUTIVE DIRECTOR CORNER

Happy October!

This is the time of year that we are prepared for hurricanes and winter weather. If something was to affect the Charlotte area, we are ready. We have a supply of food and water for multiple days and test our generator weekly to prepare for any unexpected power loss. The hope is that we get past the hurricane season unscathed and have a mild winter, but we can never predict the weather in the Carolinas!

Best Regards,
Jeff Plummer
Executive Director