



CHEF’S COOKING DEMONSTRATIONS

10

Lunch: Asian Wok Stir Fry

24

Lunch: Slider Burger Station

17

Lunch: Bananas Foster

31

Dinner: Flatbread Pizza

CHEF STEVE’S SIGNATURE RECIPE

Authentic Vietnamese Pho

Ingredients

- 2 tablespoons vegetable or canola oil
- 4 pounds lean ground beef
- 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
- 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 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 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

SEPTEMBER 2019



Welcome Fall

As the weather is cooling down and the leaves are starting to turn colors, we start to think about the changes of seasons. Not only do we have the physically changes of the seasons, but we also have changes in the seasons of our lives. It is important for us to not only enjoy each season that we and our loved ones go through, but it is even more important to try to understand and accept the person for where they are in their life season. Keeping that in mind, Waltonwood will be hosting an “Experience Alzheimer’s/ Dementia Family Seminar” on **Wednesday, October 2nd at 6:00 pm** in the Assisted Living Theater. Family members will get the opportunity to hear, see, feel and walk in the life of a person with Alzheimer’s/Dementia and gain some valuable information on the best ways to understand your loved ones and handle difficult situations.

Waltonwood is also a proud sponsor of the Alzheimer’s Association and we will be walking at the BB&T Ballpark on November 2nd. We would love for you to join our team call “Waltonwood Walkers Providence” or if you can’t make the walk and would like to make a donation you can either put a donation in the box at the concierge desk or you can make a donation under our team name at the Alzheimer’s Association website.

This month will also be filled with lots of outdoor trips so that we can soak up the beautiful fall weather and colors. We will go to McDowell Nature Preserve, Ramare Bearden Park Uptown, The Raptor Center and the Hall Family Farm to pick out our perfect pumpkin for carving. Once the pumkin is carved and the decorations are hung we will have the children from Kiddie Academy join us for some fun Trick or Treating and games along with a whole day of Halloween themed events and dinner.

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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Amanda Romero
Resident Care Manager

Dana Gurley
Wellness Coordinator

Grace Gallozzi
Special Care Coordinator



FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

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

03

Nuvole Rooftop View

We all enjoyed the beautiful Charlotte Skyline, thanks to the AC Hotel for letting us visit their rooftop lounge.

12

Classic Car Show

We all had so much fun looking at the classic cars and sharing many memories of our past related to the cars.

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.

10

JAARS Mexico Museum

The residents enjoyed learning about how the Bible was shared and interpreted by many cultures in Mexico.

17

Whitewater Rafting Center

The residents really enjoyed watching people rafting, zip lining and rock climbing as we enjoyed a very tasty lunch.



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:

- Colonel Francis Beatty Park – Scavenger Hunt
- McDowell Nature Preserve
- Ramare Bearden Park
- Raptor Center
- Hall Family Farm
- Weekly Scenic Drives

OCTOBER SPECIAL EVENTS

01

Scavenger Hunt at the Park

We are looking forward to a fun day in the park searching for treasures and seeing who can find the most.

22

Raptor Center

We are looking forward to learning more about the various birds at the Raptor Center and the natural history of 38 raptor species and how they have inspired human invention.

08

McDowell Nature Preserve

The residents are excited to learn more about the local terrain and see some of the live native animals from the area.

29

Hall Family Farm

The residents are excited to go to the local family farm to pet the animals, and also to pick out the best pumpkins for carving and painting.



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