



Celebrating Birthdays In November

- Eunice H.
- Marilyn W.
- Barbara G.
- Betty A.

CHEF'S COOKING DEMONSTRATIONS

05

Greek Gyros Station

12

Tacos al Pastor Station

13

Sunday Brunch

November 24th from 10:30 - 1:30 pm in the dining room.

19

Slider Burger Station

28

Thanksgiving Lunch

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

Chicken and Dumplings with Mushrooms

Chicken Stew

- 6 oz. slab bacon, cut into ¼" pieces
- ¼ cup all-purpose flour
- 4 chicken Breast; (about 2 lb.)
- Kosher salt and ground black pepper
- 1½ pound mixed mushrooms
- 1 medium onion, chopped
- 6 cloves garlic crushed
- ¼ cup dry white wine
- 6 sprigs thyme
- 2 bay leaves
- 8 cups low-sodium chicken broth

Directions

Crisp bacon in a large Dutch oven over medium heat; remove to a paper towel-lined plate. Set aside. Place flour in a shallow bowl. Season chicken with salt and pepper and dredge in flour. Working in batches, cook chicken, skin side down, in same pot over medium heat until deep golden brown and crisp (do not turn), 12-15 minutes. Transfer to a plate.

Working in 2 batches, cook mushrooms in same pot, seasoning with salt and pepper and stirring occasionally, until brown, 5-8 minutes. Transfer to a bowl. Add onion and garlic to pot; cook, stirring occasionally, until onion is soft and translucent, 5-8 minutes.

Add wine to pot; simmer until reduced by half, about 5 minutes. Add chicken, bacon, thyme, bay leaves, and broth; season with salt and pepper. Bring to a boil, reduce heat, and gently simmer, partially covered. Add mushrooms and simmer until flavors meld, 10-15 minutes; season with salt and pepper.

In another medium pot 6 cups of salted water to a boil. Whisk flour, baking powder, nutmeg, pepper, and ¾ tsp. salt in a medium bowl. Whisk in eggs and milk (batter will be slightly lumpy). Reduce heat until water is at a strong simmer. Drop teaspoonfuls of batter into water; cook until dumpling are cooked through and doubled in size, about 5 minutes. Remove with slotted spoon; add to the stew just before serving. DO AHEAD: Stew (without dumplings) can be made 3 days ahead. Let cool; cover and chill.

Dumplings

- ¾ teaspoon kosher salt, plus more
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon freshly grated nutmeg
- ⅛ teaspoon freshly ground black pepper
- 2 large eggs
- ¼ cup whole milk

PROVIDENCE CONNECT

NOVEMBER 2019



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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

Ana Herrera Turpin
Life Enrichment Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg
Marketing Manager

UPCOMING EVENTS HIGHLIGHT

Dear Residents,

The holidays are finally here and we are very excited to share this time with you and your families. In the month of November we will start our Holiday Show Choir rehearsals so please take a look at the calendar for dates and times. We would also like to invite you and your families to come our very special Thanksgiving Brunch on Sunday, November 24th from 10:30 to 1:30 pm. We ask that you please R.S.V.P. to the concierge desk.

This year we will be donating a variety of food items to the Second Harvest Food Bank of Metrolina. We want to invite you and your families to participate in helping us make a difference for local families in need. Kepp an eye out for more information regarding their specific food needs.

We hope this month is filled with family and friends.

-Your Waltonwood Family



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

ASSOCIATE SPOTLIGHT

Danielle Paul

Waltonwood would like to highlight Danielle Paul for our associate of the month for November. Danielle has been with our Life Enrichment team since March and is able to provide our community with unique and fun programs on most weekends and evenings. Danielle’s creativity is reflective through each program she organizes. Danielle has recently arranged several programs to engage our residents with both veterans and active military by sending hand written cards overseas. Danielle is full of energy and is always looking for ways to bring happiness and excitement to each program. Danielle’s attention to detail and thoughtfulness does not go unnoticed. Danielle is an incredible addition to our Waltonwood family. We cannot thank Danielle enough for her dedication to Waltonwood. Congratulations to Danielle on her achievement of associate of the month for November. Thank you for all that you do for our community.



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.

Each month we have outings to banks, shopping centers, pharmacies, restaurants and grocery stores. Please see the calendar for specific dates and times and please sign up at the brown rectangular table by the dining room.

OCTOBER HIGHLIGHTS

04

A huge thank you to all the providers who helped out at our health clinic.

7

We had a wonderful time making blankets for our veterans at a local Hospice House.



16

A delicious cooking demo by Wendy from our culinary team!

17

Decorating pumpkins for this Fall season.



NOVEMBER SPECIAL EVENTS

05

Join us for an educational presentation about Religions Around the World.

11

We hope to see you at our Annual Veteran’s Day Ceremony.



19

We will have a Resident Showcase where you can display all your talents!

26

Come and enjoy a great violin performance from our new entertainer Martha.



FOREVER FIT TOPIC – Positive Outlets

No matter the age stress is a part of our daily lives. How we choose to manage it however can significantly impact our overall health and wellness. When left to build over time, chronic stress causes a hormonal change in the body making us more susceptible to conditions such as anxiety, depression, type 2 diabetes, heart attack and stroke. The good news is that positive coping strategies such as regular exercise, a well-balanced diet, adequate sleep and a strong support system of family and friends, have all been directly linked to lower stress levels and a better quality of life. In the fast pace of life, it’s far too easy to get caught up in everything else going on that we simply forget about how we feel and our own well-being. This month slow down, take some time for yourself and make cutting down on your stress your #1 priority.

EXECUTIVE DIRECTOR CORNER

Happy November!

As we prepare for the holiday season, I wanted to highlight a couple of items happening at Waltonwood Providence. We will be having a Thanksgiving brunch on the Sunday, November 24th for residents, families, and guests. More information will be coming soon about the menu and reservations. We will be having a traditional lunch on Thanksgiving Day, and we encourage our Waltonwood residents to join in this feast. We will be also hosting an “angel tree” at Waltonwood for those who would like to adopt a family for the holidays. This will be our third year providing gifts for children of local families. The “angel tree” will be located in the Assisted Living Lobby after Thanksgiving. Please stop by if you would like to participate.

Best Regards,

Jeff Plummer
Executive Director