



New Years Day

- January 1st

Martin Luther King Jr. Day

- January 20th

CHEF’S COOKING DEMONSTRATIONS

09

Lunch: Baja Fish Taco Station

16

Lunch: Cherries Jubilee Station

23

Lunch: Bananas Foster Station

30

Lunch: Flatbread Pizza Station

CHEF STEVE’S SIGNATURE RECIPE

Old Fashion Chicken and Dumplings

Ingredients

- 1 (2 1/2- to 3-lb.) whole chicken, chopped
2 celery stalks, roughly chopped (about 1 cup)
2 medium carrots, roughly chopped (about 1 cup)
2 medium onions, roughly chopped (about 1 cup)
2 quarts chicken stock
1/2 teaspoons kosher salt, divided
1/2 teaspoon black pepper
2 cups all-purpose flour, plus more for work surface
1/2 teaspoon baking soda
3 tablespoons vegetable shortening
3/4 cup whole buttermilk
Chopped fresh chives

Directions

Place chicken, celery, and carrots in a Dutch oven; add stock and 2 teaspoons of the salt. Bring to a boil over high; cover, reduce heat to medium-low, and simmer until tender, about 1 hour. Remove chicken from broth, and let stand until cool enough to handle, about 15 minutes. Remove and discard skin and bone from chicken, and cut meat into bite-size pieces. Bring broth to a boil over high; stir in pepper.

Meanwhile, combine flour, baking soda, and remaining 1/2 teaspoon salt in a large bowl; cut in shortening with a pastry blender (or use your fingers) until mixture resembles coarse meal. Add buttermilk, stirring with a fork until dry ingredients are moistened. Turn dough out onto a well-floured surface, and knead lightly 4 or 5 times.

Pat dough to 1/2-inch thickness. Pinch off dough in 1 1/2-inch pieces, and drop into boiling broth. Reduce heat to medium-low, and cook, stirring occasionally, until desired consistency is reached, about 8 to 10 minutes. Stir in chicken.

Garnish servings with chives.



FRIENDS & FAMILY REFERRAL PROGRAM!

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!

\$1,000 RESIDENT REFERRAL BONUS

PROVIDENCE CONNECT

JANUARY 2020



Ringin In The New Year

As we transition from the holiday season into the New Year, we are faced with a time of excitement and opportunity. For many, the commencement of the year is symbolic of resolutions, change, and new ventures.

At Waltonwood, we are excited at the opportunity of continued growth in our community and enriching the lives of our residents. We are committed to carrying the joy, warmth, and sense of family from the holiday season into 2020 to make this year the most joyous yet!

We would like to extend a thank you to each and every resident, family member, and friend for allowing us the continued opportunity to be a part of your lives this 2020. As a continued thank you to all of you, we be hosting a family night on January 22nd from 3:00pm – 5:00pm. The theme will be an old fashion sock hop, so pull out the poodle skirts, roll up the jeans and white t-shirt sleeves and come join us for an afternoon of fun! John Lewis will be here to entertain us as well, so be sure to wear your dancing shoes.

Cheers to a new year full of laughter, love, prosperity and wonderful everlasting memories!

We look forward to seeing you at many of our great programs, outings and events we will be hosting this month.

Your Waltonwood Family



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

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

ASSOCIATE SPOTLIGHT

Waltonwood would like to highlight **Shaian Banks** for our associate of the month for January. Shaian is one of our wonderful caregivers, primarily in our Memory Care community. Shianne joined our Waltonwood family several months ago and we are so delighted to have her! Her dedication and commitment to our residents does not go unnoticed, she provides incredible care to our residents and often goes above and beyond. Shianne often steps in wherever additional support is needed with any activities, outings and even support during meal times. She is always engaging with each resident and has wonderful relationships with many of our family members. We are so thankful for all that she does for our Waltonwood community. Congratulations to Shianne on being recognized as the associate of the month for January.

Thank you for all that you do for our community



DECEMBER HIGHLIGHTS

03

Charlotte Christmas Village

Everyone enjoyed the cute shops, photo opportunities and mostly the homemade apple strudel and hot chocolate.

10

Gingerbread Lane

We were all amazed at the beautiful Gingerbread creations as we walked through the Ballentyne Resort.

FOREVER FIT: January Journal

Every January millions of Americans resolve to move more, eat better and stress less. In fact, nearly 55% of all New Year’s resolutions focus on improving our overall health & wellness and while that’s an encouraging number, only 8% actual stick to their plan. There are certain tactics however that make it much more likely you’ll have success in staying on track and reaching your goals. This January try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing if the choices you’ve made took you closer too or further from your ultimate goal. Whether a short note or lengthy paragraph, keeping a journal helps to create the accountability necessary to achieve success now and for the months to come. So, this January write it down, give yourself a tool to help make 2020 your healthiest year ever!

06

Charlotte Latin Holiday Show

The residents had so much fun listening to the music and watching other performance at the holiday show.



17

Calvary Holiday Show

The students at Calvary Pre-School were adorable with their performance of The Christmas Story.



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 January includes:

- Matthews Heritage Museum
- Airport Overlook
- Morrison’s Auto Museum
- 4th Corner Bakehouse
- Foundations For the Carolina’s
- Weekly Scenic Drives

JANUARY SPECIAL EVENTS

03

Matthews Heritage Museum

The residents are looking forward to learning about the history of how Matthews was founded and it’s development over the years.

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Morrison’s Auto Museum

We are all looking forward to exploring the many vintage cars and reminising about our old cars at the Museum.



21

4th Corner Bakehouse

We can’t wait to try out the new bakery in Waxhaw and taste all the delicious goodies.

28

Foundations of the Carolina’s

The residents will have the opportunity to explore some unique art work and sculptures at the Foundations.



EXECUTIVE DIRECTOR CORNER

Happy New Year!

Hard to believe 2020 is here all ready. As we reflect on 2019, we had a wonderful year. Many new initiatives, 1st Annual Camp Waltonwood, in-touch monitor system and our point of sale system to enhance our dining experience. We look forward to fantastic 2020!

Jeff Plummer

Executive Director