



CHEF’S COOKING DEMONSTRATIONS

08

Dinner: Baja Fish Taco

22

Dinner: Bananas Foster

15

Dinner: Cherries Jubilee

29

Dinner: Flatbread Pizza

JANUARY BIRTHDAYS

- Anita H.
- Lois B.
- Joyce M.
- Shirley L.
- Patsy F.

Old Fashioned Chicken & 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

1. 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.
2. 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.
3. 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.
4. Garnish servings with chives.



\$1,000 RESIDENT REFERRAL BONUS

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!

PROVIDENCE CONNECT

JANUARY 2020



Happy 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 through 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 in 2020.

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

-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

Ashley Jensen  
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

## Jocelyn Leaf

Waltonwood would like to highlight Jocelyn Leaf as our associate of the month for January. Jocelyn is our Forever Fit Coordinator and she has been with our Life Enrichment team since May. Jocelyn provides our entire community with fun, energetic, challenging and inspiring fitness classes each day. Since Jocelyn has joined our team her fitness program’s attendance have increased tremendously. Residents in each community look forward to her classes each day. Jocelyn takes pride in each of her classes and is able to modify each class to meet the needs of each of her participants. Residents have reported that they notice a difference in their balance and strength since working with Jocelyn. She is full of energy and is always looking for ways to bring happiness and excitement to each fitness program. Jocelyn is an incredible addition to our Waltonwood family. We cannot thank her enough for her dedication to Waltonwood. Congratulations to Jocelyn on her achievement of associate of the month for January. Thank you for all that you do for our community.



# DECEMBER HIGHLIGHTS

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## Gingerbread House Decorating

We had fun and got messy as we decorated our gingerbread houses. We hope that you got to see them on display in the front.

18

## Independent Living Holiday Show

We had so much fun at the Holiday Show. The talent was amazing and two of our Assisted Living residents did a wonderful job singing and another one of our residents read the Chanukah Story.



16 & 20

## Chanukah Celebrations

We hope all had a wonderful Chanukah, we had a great time celebrating and learning more about the holiday.

25

## Christmas Day

We hope you all had a wonderful christmas filled with family and cheer.



# 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!

# 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:

- Kohl’s
- Airport Overlook
- Matthews Heritage Museum
- Harper’s Restaurant
- The Cowfish
- Harris Teeter
- Publix
- Hickory Tavern
- Whole Foods
- CVS

# JANUARY SPECIAL EVENTS

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## Happy New Year

Waltonwood would like to wish you all happiness and good health in 2020!

6 & 20

## Men’s Lunch with Tony

This month we are adding an additional men’s lunch because of the increase in participation. Join us for a fun lunch filled with good company and conversation!

9

## Law Enforcement Appreciation

National Law Enforcement Appreciation day and we are going to be bringing them homemade cards and baked goods.

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## Cuthbertson High School Recital

Join us Saturday, January 11<sup>th</sup> at 2:00 for a recital with Cuthbertson high school singing and playing the piano.



# 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