



Celebrating Birthdays In January

- 1/1 Betty B.
- 1/1 Nancy C.
- 1/2 Eleanor T.
- 1/7 Colette W.
- 1/16 Barbara S.
- 1/23 Pam D.
- 1/23 Holly J.
- 1/25 Audrey B.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

07

Baja Fish Taco Station

14

Cherries Jubilee Station

22

Sunday Brunch

January 12th from 10:30 - 1:30 pm in the dining room.

21

Bananas Foster Station

28

Flatbread Pizza Station

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

Old Fashioned 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

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

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



UPCOMING EVENTS HIGHLIGHT

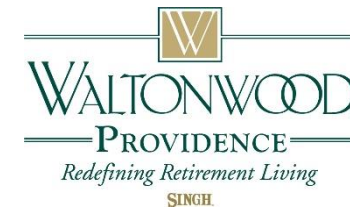
Dear Residents,

We hope you had a great time with your family and friends during the holidays. You made it through the busiest time of the year and now January brings a new year and a chance to recharge.

This month we will have a special speaker who will present on “Understanding the US Constitution.” We will also have the Voter Registration Assistance provided by Mecklenburg County. Later in the month, we will be going to the Matthews Heritage Museum for a fun day trip. Finally, we will have a special performance by the Cuthbertson High School Chorus, in addition to other great programs on the January calendar.

We hope to see you at a variety of events this month.

-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

Ana Herrera Turpin
Life Enrichment Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg
Marketing Manager

ASSOCIATE SPOTLIGHT

Maria Light

Waltonwood would like to highlight Maria Light from our Environmental Services Department. Maria always brings a smile to each person’s day. She has been with our Waltonwood family for just over a year. Maria always makes sure that each resident’s needs are met and goes above and beyond each day. She has a wonderful relationship with each associate, family member and resident. Her commitment and dedication to our community does not go unnoticed. We are so proud of Maria and want to congratulate her on her achievement of associate of the month for January. Thank you for all that you do for our community.



DECEMBER HIGHLIGHTS

9

We had a great visit at the Ballantyne hotel.

11

We made scented jars for the Holidays.



12

Our talented residents made gingerbread houses.

20

Residents enjoying the Hanukkah Party!



FOREVER FIT TOPIC – 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 to 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

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.

JANUARY SPECIAL EVENTS

7

Voter Registration Assistance provided by Mecklenburg County.

11

A special performance by Cuthbertson High School Chorus.



14

Presentation on Understanding the US Constitution by Roy Colquitt.

17

A visit to the Matthews Heritage Museum & lunch



EXECUTIVE DIRECTOR CORNER

Happy New Year!

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

Sincerely,

Jeff Plummer

Executive