



FEBRUARY BIRTHDAYS

- Gerald M.
- Harry M.
- Jeck W.
- Aviva S.
- Mary-Jane O.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S COOKING DEMONSTRATIONS

05

Lunch: Slider Burger

19

Lunch: Crepe

12

Dinner: Pastas & Sauces

26

Dinner: Grilled Cheese and Tomato Soup

Miso Shiitake Soba Soup

Ingredients

For the Dashi:

- A piece of dried kombu (seaweed)
- 4 cups of water

For the Miso Soup:

- 24 cups of the premade dashi broth
- ½ cup sliced shiitake mushrooms
- 3-4 tablespoons white or shiro miso
- 1 teaspoon grated ginger
- ¼ cup chopped scallions
- ½ cup tofu cubes (firm tofu)
- 4 baby bok choy pieces, coarse stalks thinly sliced
- 6 oz. soba noodles, cooked separately (see notes)

Directions

Make the dashi: gently rinse the kombu piece. Place it in a medium pot with 4 cups water. Gently simmer for 10 minutes. Don't let it boil, or the kombu flavor will turn bitter. Once the kombu piece is soft, remove it and bring the water to a boil for just a few minutes.

Reduce heat again and add in ½ cup more water. In a small bowl, stir the miso paste together with some of the hot dashi water (until it's not clumpy), then stir to incorporate it into the soup broth. Add the ginger, scallions, and shiitakes, and gently simmer for about 10 minutes to cook the mushrooms.

In the last few minutes of cooking time, add the tofu and bok choy. Taste and adjust seasonings to your liking. Remove from heat once the bok choy is wilted but still has some bite. Add the cooked soba noodles. Top with shichimi and bonito flakes, (both optional), and serve with ponzu or extra soy sauce on the side.

Optional:

Serve with: Shichimi or a pinch of chile flakes

Sprinkling of bonito Flakes

\$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

FEBRUARY 2020



Happy Hearts are Healthy Hearts

The month of February is all about hearts. We get to celebrate Valentine's day as we cherish and remind our loved ones how much they mean to us. This month is also American Heart Health Month; dedicated to bringing awareness to the importance of promoting the physical health of our hearts. Friday, January 7th is Go Red Day, we hope that everyone in our community will participate and wear their red to support the awareness of heart health. We will also be having a presentation to learn more about how our residents can maintain healthy hearts and then we will do our heart health walk around the building!

We will continue to spread our love to our caregivers on February 21st for Caregivers Day and show them how thankful we are that they are with us and also we will be sharing our gratitude to our mail personnel on "Thank A Mail Carrier Day."

Tuesday, February 25th is Mardi Gras and we will be having our themed dinner as well as themed activities during the day, like Mardi Gras Jewlery and Mardi Gras bingo.

We cannot wait to share the love this month, we would like to thank every resident, their family members, and the rest of our Waltonwood family for being apart of our wonderful community.

-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

Mara Collins

Mara Collins is one our Servers in our Assisted Living community. She joined us here at Waltonwood a few months ago and since then, she has been an incredible and essential addition to our team. Mara is a true team player and she always goes the extra mile to help her teammates and our residents however and whenever she can. We are sincerely grateful to have her as part of our Waltonwood family. Congratulations Mara on being in the associate spotlight for the month of February. We appreciate all that you do for our residents and Waltonwood Providence!



JANUARY HIGHLIGHTS

6 & 20

Men’s Lunch with Tony

We had great participation at our Men’s lunch with Tony. We decided to host this twice this month and I think the gentlemen really enjoyed it!

8

Candy Creations

Every month, we have so much fun creating different things with just using candy, look at our cute snowmen!



9

Law Enforcement Appreciation

We always enjoy being able to give back to the outside community. We made cards, cookies, giftbags and then delivered them to our local police department.

11

Cuthbertson High Scool Recital

On Saturday, January 11th at 2:00 we hosted Cuthbertson High School students for a piano concert, it was amazing seeing all the talented students.



FOREVER FIT: Know Your Numbers

Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure you live a healthy life. There are however some other factors to consider. Elevated numbers in your blood pressure, cholesterol and blood sugar all place a great amount of stress on the body making your heart work harder and more susceptible to heart disease and stroke. So, this February join with the American Heart Association and help celebrate American Heart Month and schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a heathy, happy lifestyle for years to come.

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 February includes:

- Loft
- Barnes & Noble
- Anne Neilson Art Gallery
- Red Rock’s Café
- Portofino’s
- Harris Teeter
- Publix
- Firebirds
- Trader Joe’s
- CVS

FEBRUARY SPECIAL EVENTS

Tuesdays/Thursdays

The Roosevelts: An Intimate History

Join us every Tuesday and Thursday to watch our new show. The show will portray the life of the Roosevelts and everything that came along with the fame.

25

Mardi Gras

Join us Tuesday, February 25th at 4:30 for our themed dinner. Earlier in the day we will have Mardi Gras Jewlery and Mardi Gras bingo.

7

Go Red Day

The community is going to try and go red for Heart Health month on the 7th. Join us for our Heart Health Talk and walk from 10:00-11:00 on Friday.

26

John Lewis is back!

Join us Wednesday, February 26th at 3:30 for a concert with John Lewis. We are so excited to have him back at Waltonwood.



EXECUTIVE DIRECTOR CORNER

Happy February,

This month we will be focusing on heart health at Waltonwood Providence. Many of our activities and events will feature different varieties of heart healthy living. Valentine’s Day is right around the corner. We will be hosting events and will be having a wonderful Valentine’s Meal for our residents to celebrate. As we get closer to Spring, we will be getting ready for the warmer weather and begin improvements in landscaping and working to beautify our outdoor spaces.

Jeff Plummer

Executive Director