



HAPPY BIRTHDAY

Alexandria “Sandy” G.

- February 17th

CHEF’S COOKING DEMONSTRATIONS

06

Lunch: Slider Burger Station

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Dinner: Pastas and Sauces Station

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Lunch: Crepe Station

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Dinner: Grilled Cheese and Tomato Soup Station

CHEF STEVE’S SIGNATURE RECIPE

Miso Shitake Soba Soup

Ingredients

For the Dashi:

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

For the Miso Soup:

- 4 cups 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.



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

FEBRUARY 2020



FEBRUARY....A month for hearts

First of all a very heartfelt thank you to all of the family members that were able make our AMAZING family night last month. It was definitely a night to remember. If you were unable to attend, we missed you and please make sure you get your 2019 scrapbook from Kim or Grace.

February is a month that focuses our attention on all things related to hearts, including romance, friendships as well as healthy hearts. February is American Heart Health month, dedicated to bringing awareness to the importance of promoting the good health of our hearts. Making time for enjoyable activities, hobbies, good times with family and friends, as well as exercising and eating healthy, helps relieve stress and improves our moods, providing a great foundation for a heart-healthy lifestyle. We will continue to spread our love to our caregivers on February 21<sup>st</sup> 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.”

February 25<sup>th</sup> is also the beginning of Mardi Gras. We will be celebrating the beginning of the lent season with a Fat Tuesday Pancake lunch at IHop and a Mardi Gras theme dinner as well as many other Mari Gras activities on that Tuesday. We will also host service for Ash Wednesday on February 26<sup>th</sup>. We hope you can join us for our fun filled Mardi Gras celebrations as well as our heart-centered events including our Go Red Walking Challenge, a heart health talk with Bayada, making Valentine’s cards, and many more.

Your Waltonwood Family



5039 Providence Country Club Drive,  
Charlotte, NC 28277  
[www.waltonwood.com](http://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 **Carolyn Skinner** for our associate of the month for February. Carolyn is one of our wonderful caregivers. She primarily focuses on our Memory Care Community, however also provides care in assisted living. Carolyn has been with Waltonwood since April 2017 and has been a wonderful addition to the team. Carolyn’s dedication and commitment to our residents does not go unnoticed. She provides incredible care to our residents and often goes above and beyond. Carolyn often steps in wherever additional support is needed including, activities, outings or help 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 Carolyn on being recognized as the associate of the month for February.



Thank you for all that you do for our community.

# JANUARY HIGHLIGHTS

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## Law Enforcement Recognition

Everyone enjoyed not only making the treats, goddy bags and cards for Law Enforcement Appreciation Day, but they really enjoyed hand delivering them to the officers

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## Candy Creations

Our candy snowmen were almost too cute to eat...but they were delicious!

# 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 healthy, happy lifestyle for years to come.

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## Morrison’s Auto Museum

What a great trip down memory lane as we walked around searching for our favorite classic car.



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## Family Night Sock Hop

What an amazing night of laughter, dancing, fun and reflecting back on all our adventures from 2019.



# 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:

- Hidell Books Gallery
- Out for Frozen Yogurt
- Rocky Mountain Chocolate Factory
- James K Polk Homestead
- Calvary Music Performance and Luncheon
- IHOP Fat Tuesday Pancake Celebration

# FEBRUARY SPECIAL EVENTS

04

## Hidell Brook Gallery

The residents are looking forward to exploring the variety of Art exhibits at the gallery.

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## Go Red Heart Health Day

Bayada will host a talk to teach us all about heart health and then we will follow that up with a walking challenge.



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## James K. Polk Homestead

We are looking forward to learning more about our 11<sup>th</sup> President, his family and his upbringing.

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## Mardi Gras

The residents are looking forward to a day full of fun Mardi Gras activities and meals.



# 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.

Best Regards,  
Jeff Plummer  
Executive Director