



CHEF’S COOKING DEMONSTRATIONS

04

Lunch: Slider Burger Station

11

Dinner: Pastas and Sauces Station

18

Lunch: Crepe Station

25

Dinner: Grilled Cheese and Tomato Soup

CHEF STEVE’S SIGNATURE RECIPE

Miso Shiitake 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)

Serve with:

Shichimi or a pinch of chile flakes (optional)
Sprinkling of bonito flakes (optional)
Ponzu, on the side

Instructions

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.

Celebrating Birthdays In February

- 2/2 Betty W.
- 2/4 Ralph J.
- 2/5 Marggie D.
- 2/9 Sybil L.
- 2/9 Pat M.
- 2/11 Ellie B.
- 2/17 Claire W.
- 2/18 Frances H.
- 2/26 Dixie O.



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

PROVIDENCE CONNECT

FEBRUARY 2020



11945 Providence Road, Charlotte, NC 28277
www.waltonwood.com | 704-246-8670
Facebook: /WaltonwoodProvidence



UPCOMING EVENTS HIGHLIGHT

Dear Residents,

During the month of February we will be celebrating Heart Health month, in efforts to help end cardiovascular diseases, the leading cause of death in women. “Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women” (AHA). We want to encourage our community to join us in spreading awareness by wearing red on February 7th National Go Red Day, by attending our Heart Health Talk and by participating in our Walking Challenge.

During this month we will also be celebrating President’s Day, Valentine’s Day, Black History Month and Mardi Gras. We hope to see you at a variety of events we will be hosting.

-Your Waltonwood Family

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

Jesus Roman (Pico)

Jesus Romanm also known as Pic, is one of our wonderful culinary cooks for our Waltonwood community. He began with Waltonwood almost a year and has been an incredible addition to the team ever since. He is a solid team player and always willing to help others. Pico is always willing to try something new and always looking to fully satisfy our community. He is very dedicated to our community and his team. We are so grateful to have him as a part of our community. Congratulations to Pico on associate of the month for February. Thank you for all that you do for Waltonwood Providence.



JANUARY HIGHLIGHTS

9

Making goodie bags for Law Enforcement Appreciation Day.

23

Playing Chinese bingo.



23

Enjoyinh a fun evening painting with Alyssa.



FOREVER FIT TOPIC – 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 you stay healthy. There are, however some other factors to consider, such as numbers that when elevated can greatly impact how you feel. High blood pressure, high cholesterol and elevated 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. 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 and happy lifestyle for years to come.

TRANSPORTATION INFORMATION

Waltonwood offers transportation for medical appointments on **Tuesdays, Wednesdays, and Thursdays**. Please notify the Concierge of your appointment as far in advance as possible with the time, date and 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. **We will be adding “gallivanting” outings every other Thursday**. You can choose a place to go between 2:00 and 4:00 pm, within a 5 miles radius. Please see the calendar for specific dates and times and please sign up at the brown rectangular table by the dining room.

FEBRUARY SPECIAL EVENTS

7

National Wear Red Day to support women’s heart health.

14

We will be celebrating Valentine’s Day all day!



25

Come and have fun at the Mardi Gras Mixer.

27

Word Fun Presentation will make you laugh and use your brain at the same time.



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