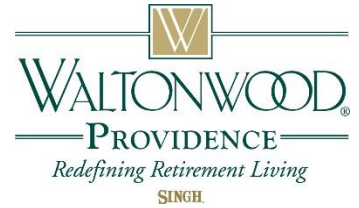


# PROVIDENCE CONNECT



**MAY 2020**

5039 Providence Road Country Club Drive,  
Charlotte, NC 28277  
www.waltonwood.com | 704-246-8636  
Facebook: /WaltonwoodProvidence



## UPCOMING EVENTS HIGHLIGHT

Dear Residents,

During this challenging time for each of you, our Waltonwood communities and associates, our nation, and the world, I would like to thank you for your patience and understanding. The limitations we have set forth on visitors, dining, transportation services, life enrichment and your daily lives at Waltonwood were all implemented in your best interest, and in concert with guidance from official sources, such as the CDC, state and local health departments. In several cases, we were days ahead of official mandates as we have the utmost concern for your safety and well-being and take the trust you have placed in us as stewards seriously. We will continue to preserve and I look forward to seeing you on the other side of this challenge!

Steven Tyshka,  
Director of Operations

## 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



## APRIL HIGHLIGHTS

April has been filled with lots of small group activities, fun crafts and as much outdoor time as we can get weather permitting.



### Mothers Day

- Sunday, May 10<sup>th</sup>

### Memorial Day

- Monday May 25<sup>th</sup>

## MAY ACTIVITIES

We will continue dialy activities in small groups as well as our fitness classes, with social distancing between the residents. As the weather gets nice, we will try to get residents outside daily for some fresh air. The residents and their family members are really enjoying the iPad conversations. If you are interested in getting on the weekly schedule for a call or a window visit with your family member please email or call us at [Ashley.Jensen@singhmail.com](mailto:Ashley.Jensen@singhmail.com) or 704-246-8636. Stay safe and healthy and hopefully we will see you soon.

## FOREVER FIT TOPIC – Stay The Course

Things are different now. The daily routines that we once held so dear now seem like a distant memory as we struggle to find our new sense of normal. At a time like this when much of the stressful news we're bombarded with each day is out of our control, the one thing we do have control over is the way we take care of ourselves. Staying healthy is more important now than ever before and while the stay at home orders and social distancing guidelines definitely impact our exercise routines, they by no means should end them entirely. Regular exercise, a well-balanced diet and adequate rest all work wonders to help bolster our immune system and manage stress that might otherwise feel overwhelming. Whether an at home, in room exercise routine or a daily walk around the community every bit of physical activity can help in your efforts to stay happy and healthy. As we all work together to find our new normal remember stay safe, stay active and stay the course because we're one day closer to normal.