

PROVIDENCE CONNECT

MAY 2020

5039 Providence Country Club Drive,
Charlotte, NC 28277
www.waltonwood.com | 704-246-8636



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

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



MAY BIRTHDAYS

- Dottie N.

Social Distancing Visits and Small Programs

We will be continuing our one-on-one programming with the residents, including brain games, crosswords, social time, etc. We want you all to stay connected with your family members as much as you can so please reach out if you would like to do a facetime or video call. We also introduced our “social distancing visits,” residents will be in our model room and family members will be outside and they will be able to visit from a distance with the window open!



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 boost 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.