



TRANSPORTATION INFORMATION

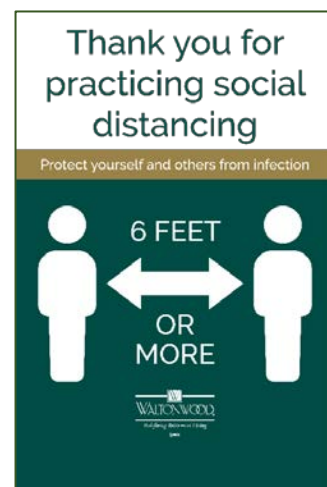
Waltonwood will resume transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment as far in advance as possible with the time, date and location. After reservations are made, each resident will be advised of a departure time within 24 hours prior to each appointment. Appointments will be scheduled between the hours of 8:30 am and 3:30 pm. Residents must wear a mask at all times and they must sanitize their hands pre and post transportation.

Celebrating Birthdays In August

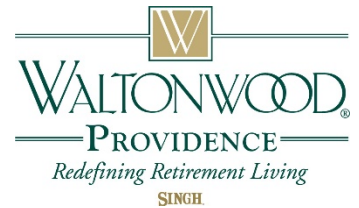
- 8/1 Shirley P.
- 8/2 Grace L.
- 8/4 Marquita S.
- 8/13 Cathy M.
- 8/18 June J.
- 8/19 Phyllis Y.
- 8/22 Janie W.
- 8/31 Mary H.

FOREVER FIT TOPIC – Finding A Sense of Calm

The stress of that past few months has been a heavier load than many of us have ever had to bear. So many unknowns that seem to keep growing by the day leave us with restless mind and an exhausted body. Now more than ever how we manage this stress can directly impact our health and well-being. Finding positive outlets that bring us a greater sense of calm are key to maintaining peaceful mind and a strong body. Low-impact rhythmic exercise, calming mediation & deep breathing techniques and even listening to soothing music all help to all help to lower cortisol levels in the body and boost the immune system. At a time when so much is out of our control dedicate a few minutes every day to embrace the things you can. Acknowledge those things that weight heavy on your mind but let your true focus be on the things that bring you joy. Take the extra time to slow down, breathe and allow yourself to find a personal sense of calm.



PROVIDENCE CONNECT



AUGUST 2020

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Facebook: /WaltonwoodProvidence



AUGUST EVENTS

Happy August!

I would like to thank everyone, who has been showering us with kind words during the pandemic. It has been refreshing to hear from each of you. We are still remaining vigilant in our procedures to ensure that we are doing everything within our control to keep our residents, staff and their families safe during this time. We are beginning to internally lift some restrictions to help our residents safely regain a sense of normalcy. We remain committed to providing a safe and healthy environment here at Waltonwood Providence.

Sincerely,
Jeff Plummer
Senior Executive Director

COMMUNITY MANAGEMENT

Jeff Plummer
Executive Director

Vicki Shotwell
Business Office Manager

Steve Archer
Culinary Manager

Ernie Collie
Maintenance Manager

Ana Herrera Turpin
Life Enrichment Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg
Marketing Manager

Matt Swaney
Independent Living Manager