



## 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.

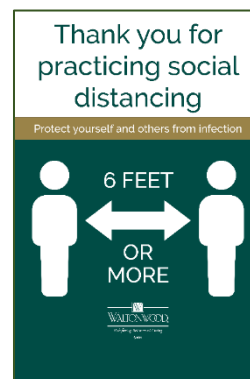
## Celebrating Birthdays In October

- 10/2 George P.
- 10/8 Mildred B.
- 10/11 Pat P.
- 10/14 Patsy G.
- 10/14 Jinny K.
- 10/26 Don S.

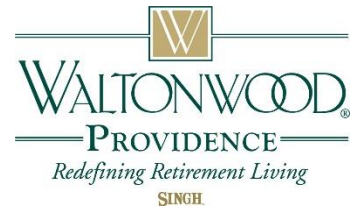
## FOREVER FIT TOPIC – The Benefits of Stretching

Although strength training and cardiovascular activity are incredibly important at any age, it may be stretching & flexibility exercises that are the most important for our senior residents. As we age muscles lose their elasticity becoming more rigid and less flexible. This age-related decline can cause pain, stiffness and decreased range of motion in many of the body's most used joints. Regular stretching can help improve movement and posture, alleviate muscle tension and soreness, reduce the risk of injury and help to maintain overall independence. Below are just a few helpful tips to get you stretching for success.

- **Warm up.** Weather it's with a warm shower or a 5 minute walk be sure to fully loosen your muscles. Stretching a cold muscle can actually cause more harm than good.
- **Start slowly.** Even a few simple stretches before you get out of bed can help the way you move the rest of the day.
- **Stretch** the muscle to the point of tension not pain. If the movement becomes painful simply ease into a more comfortable position.
- **Do not bounce,** rather hold each stretch for 15-30 seconds and repeat 2-4 more times. This will help to limit injury while still increasing flexibility.
- **Breathe!** Try not to hold your breathing during the stretch and maintain normal comfortable breathing.



# PROVIDENCE CONNECT



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OCTOBER 2020



## COMMUNITY MANAGEMENT

Jeff Plummer  
Executive Director

Vicki Shotwell  
Business Office Manager

Steve Archer  
Culinary Manager

Ernie Collie  
Maintenance Manager

Katelyn Cummings  
Life Enrichment Manager

Carrie Dunlap  
Marketing Manager

Cara Nirenberg  
Marketing Manager

Matt Swaney  
Independent Living Manager

## OCTOBER EVENTS

Happy October!

Its very hard to believe that we are now in the Fall season. 2020 has been an interesting year to say the least. As we are currently still in the midst of a pandemic, we must continue our restrictions with the safety of staff and residents a priority. We have now opened up limited visitation, dining, and activities which has improved the moral of our residents (and staff). We will continue to follow recommendations from the CDC and NC Department of Health and Human Services for the reopening of the community with the safety of the residents in mind.

Thank you,

Jeff Plummer  
Senior Executive Director