

Holidays

1st: April Fool's Day

2nd: Good Friday

4th: Easter

7th: World Health Day

12th: Ramadan Begins

14th: National Gardening

Day

22nd: Earth Day

30th: Arbor Day

TRANSPORTATION INFORMATION

Waltonwood will resume transportation for medical appointments on 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.

Scenic Drives will be every Friday at 1:30pm



A Sunny Spring

Well Spring is finally here and with it comes longer days, warmer temperatures, and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step out side and take some of them in. When done in moderation, regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

PROVIDENCE CONNECT

APRIL 2021



Happy Spring

Executive Director Corner

Now that our vaccinations are complete we are beginning to have some very exciting changes. While we will continue mask wearing and screening of staff and guests, we will be reducing many Covid-19 protocols in the upcoming weeks. Inroom visitation, entertainers, and religious services are now happening in the community. Our dining rooms have been reopened to residents only at this time. As we continue to make changes, we will be sending out notifications via email to our families and residents.

Jeff Plummer
Senior Executive Director



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COMMUNITY MANAGEMENT

Jeff Plummer
Executive Director

Vicki Shotwell Business Office Manager

Steve Archer Culinary Manager

Ernie Collie Maintenance Manager

Carrie Dunlap Marketing Manager

Cara Nirenberg Marketing Manager

Amanda Romero Resident Care Manager

Dana Gurley
Wellness Coordinator

Grace Gallozzi Special Care Coordinator

Samantha Toms
Life Enrichment Manager

Special Events in April

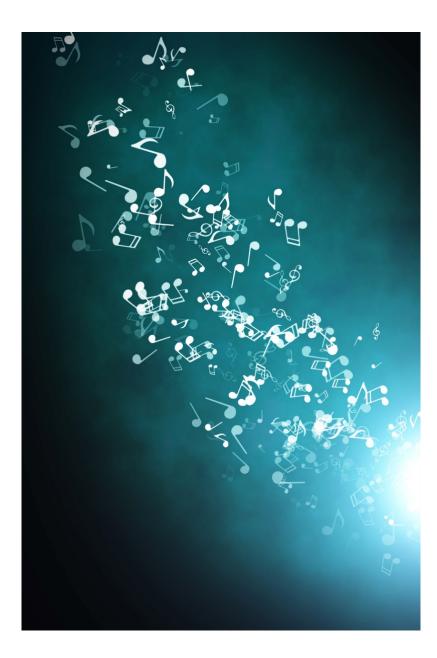
Performers

John Lewis
5th at 2pm

Pete Melrose 14th at 3:30pm

Patrick Hudson 16th at 4pm

Ethan Uslan 21st at 2pm





Easter Service

4th in Al Theater at 10am (Methodist)

11am (Catholic)

Master's Putt Putt Tournament

8th in IL from 2-4

Earth Day Themed Dinner

22nd at 5pm



