



## 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



### Holidays

1<sup>st</sup>: April Fool's Day

2<sup>nd</sup>: Good Friday

4<sup>th</sup>: Easter

7<sup>th</sup>: World Health Day

12<sup>th</sup>: Ramadan Begins

14<sup>th</sup>: National Gardening Day

22<sup>nd</sup>: Earth Day

30<sup>th</sup>: Arbor Day

## 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. In-room 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  
5<sup>th</sup> at 2pm

Pete Melrose  
14<sup>th</sup> at 3:30pm

Patrick Hudson  
16<sup>th</sup> at 4pm

Ethan Uslan  
21<sup>st</sup> at 2pm



## Easter Service

4<sup>th</sup> in AI Theater at 10am (Methodist)  
11am (Catholic)

## Master’s Putt Putt Tournament

8<sup>th</sup> in IL from 2-4

## Earth Day Themed Dinner

22<sup>nd</sup> at 5pm

### SAFETY FIRST



Face coverings are required in our community.  
Please see the Executive Director if you need a mask.



### Thank you for practicing social distancing

Protect yourself and others from infection

