



Celebrating Birthdays In March

- 4/3 Jimmy C.
- 4/19 Janice B.
- 4/30 Diana N.

Helping Residents Keep in Touch

COVID-19: HOW PEOPLE ARE STAYING CONNECTED*



76% text messages
47% video calls

81%
are using phone calls to keep in touch with family and friends

Top 5
platforms people are using to stay connected:
65% Facebook
39% WhatsApp
27% Instagram
22% Skype
16% Zoom



The first thing people want to do when this is all over:
32% hug family and friends
10% go to a restaurant

EMBRACING TECHNOLOGY



Our residents and their family members are using a GrandPad or Echo Show with Alexa to communicate and stay connected with one another.



We can help you connect too!
Ask to talk with one of our Life Enrichment team members today.

www.Waltonwood.com



*Data according to a 2020 Pureprofile survey.

\$3,500 RESIDENT REFERRAL BONUS

If you refer a new resident to Waltonwood and they sign a one year lease with us, you'll receive a \$3,500 Referral Bonus!

Stop by the reception desk or leasing office to complete a referral card today.

PROVIDENCE CONNECT

APRIL 2021



11945 Providence Road, Charlotte, NC 28277
www.waltonwood.com | 704-246-8670
Facebook: /WaltonwoodProvidence



WHAT'S HAPPENING IN APRIL

Dear Residents,

Spring has sprung and we are excited for all that April has to bring! As we return to more of our normal programming, starting April 1, we will allow religious services back into the community on Sundays as well as provide transportation to religious services held outside of the community. As the weather warms up over the next few weeks, be sure to join in on the fun going on this month!

We will have live performances with the popular John Lewis, whipping up tasty treats with Cooking Club, and a Masters Putting Tournament just to name a few. Refer to the calendar and the community televisions for daily programs.

Katelyn Cummings,
Life Enrichment Manager

COMMUNITY MANAGEMENT

Jeff Plummer
Executive Director

Vicki Shotwell
Business Office Manager

Steve Archer
Culinary Manager

Ernie Collie
Maintenance Manager

Matt Swaney
Independent Living Manager

Katelyn Cummings
Life Enrichment Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg
Marketing Manager

**FRIENDS &
FAMILY
REFERRAL
PROGRAM!**

MARCH HIGHLIGHTS

2

Read Across America Day virtually with Kiddie Academy children.

3

We celebrated having live music back with Pete Melrose on the piano.



17

Women's Day social with mimosas and croissants.

17

In the spirit of the holiday, we went green for St. Patrick's Day!



APRIL HIGHLIGHTS

"The roofs are shining from the rain. The sparrows tritter as they fly, and with a windy April grace the little clouds go by." ~ Sara Teasdale



Birthstone – Diamond



Flower – Daisy



Animal of the Month – Cat

FOREVER FIT TOPIC – 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!

TRANSPORTATION INFORMATION

Waltonwood offers transportation for medical appointments on Tuesdays and Wednesdays. Please notify the Concierge of your appointment as far in advance as possible with the time, date & 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 3:30pm, within a 10 miles radius. A Waltonwood driver will drop off & pick up residents in as timely a manner as possible. Please note appointments that are beyond a 10 mile radius will acquire a \$2.00 charge per mile for every additional mile. Outings on Mondays and Fridays are limited to (6) people at a time and prior sign up is required. The sign up binder is located on the brown rectangular table near the dining room.

In order to ensure the health and safety of our residents and bus drivers, residents must wear a mask and sanitize their hands before and after boarding the transportation vehicle for their appointment.

SPECIAL DAYS IN APRIL

- 4: Easter Sunday Brunch
- 5: John Lewis Live Performance
- 8: Master's Putting Tournament
- 11: Minute to Win It Game – Water Pong
- 15: Poetry Out Loud (every Thursday)
- 22: Lemonade in the Courtyard
- 24: John Lewis Live Performance
- 29: Book Club Discussion



EXECUTIVE DIRECTOR CORNER

Happy Spring!

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. We have begun to offer transportation services to local businesses and implementing outings that are socially distanced and safe for the residents. As we continue to make changes, we will be sending out notifications via email to our families and residents.

Sincerely,

Jeff Plummer
Senior Executive Director