



## CHEF SIGNATURE RECIPE

### French Potato Salad

#### Ingredients

2 pounds fresh potatoes, sliced ¼-inch thick (small, thin-skinned potatoes work best here)

- 2 tablespoons of sea salt
- 2 large garlic cloves

#### Dijon Vinaigrette:

- 1 tablespoon Dijon Mustard
- ¼ cup Champagne or White Wine Vinegar
- 1/3 cup Olive Oil
- ¼ teaspoon Black Pepper

#### Fresh Herbs:

- ¼ cup Fresh Flat-Leaf Parsley, roughly chopped
- 2 tablespoons Fresh Tarragon, roughly chopped (or substitute 1/4 cup dill or basil ribbons)
- 2 tablespoons Fresh Chives (or substitute green onions), minced

#### Instructions

**Boil the Potatoes:** Place the sliced potatoes in a large saucepan cover completely with cold water. Sprinkle in Salt and bring to a boil. Add the 2 cloves of garlic, reduce heat and simmer 5 minutes or until potatoes are just tender.

**Make the Vinaigrette:** While potatoes are simmering, make the vinaigrette by whisking together Dijon, oil, vinegar and pepper in a small bowl. Set aside.

**Assemble:** Drain potatoes and garlic. Place potatoes mostly single layer on a baking sheet to cool. Mince the cooked garlic and add to the vinaigrette. Drizzle the vinaigrette evenly over the warm potatoes. Let sit at room temperature for about 10-15 minutes.

**Serve:** Add to a Serving Bowl gently tossing with the chopped fresh herbs. Serve at room temp or refrigerate and chill.

## RESIDENT BIRTHDAYS

3<sup>rd</sup>: Phil G

4<sup>th</sup>: Nancy S

9<sup>th</sup>: Ann G

14<sup>th</sup>: Bea T

## ASSOCIATE BIRTHDAYS

2<sup>nd</sup>: Lony M

12<sup>th</sup>: Francesca S

13<sup>th</sup>: Colene W

14<sup>th</sup>: Danny W

16<sup>th</sup>: Elianny P

17<sup>th</sup>: Janette W

23<sup>rd</sup>: Cheikh M

24<sup>th</sup>: Betty G

26<sup>th</sup>: Savannah P

27<sup>th</sup>: Lauren M

28<sup>th</sup>: Dana M

29<sup>th</sup>: Paula C



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$3,500 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

# PROVIDENCE CONNECT

JUNE 2021



## UPCOMING EVENT HIGHLIGHT

#### Performers:

7<sup>th</sup>: John Lewis at 2pm

9<sup>th</sup>: Pete at 4:30pm

11<sup>th</sup>: Patrick at 4:00pm

16<sup>th</sup>: Ethan at 2:00pm

18<sup>th</sup>: Carol at 4:00pm

CNA week begins June 17<sup>th</sup> and ends the 24<sup>th</sup>. We are putting lots of fun ideas together for the associates and residents to enjoy. We can't wait to show our appreciation to all of our CNAs.

**SINGH**

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Facebook: /WaltonwoodProvidence

## 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

Samantha Toms  
Life Enrichment Manager

Amanda Romero  
Resident Care Manager

Dana Gurley  
Wellness Coordinator

Grace Gallozzi  
Special Care Coordinator



## ASSOCIATE SPOTLIGHT

### MARIA VILLA-GOMEZ

Maria has been with Waltonwood for almost three years. She is a very dedicated caregiver and is always a smiling face for the residents and her coworkers. We appreciate how Maria always goes above and beyond. Maria takes the time during each shift to get to know all of her residents. A quote from one of her coworkers “I always see Maria taking the time to really understand what the residents need. She is the first person to lend a helping hand with the residents. As a coworker she takes the time to listen and relate with you. I always enjoy working with Maria!”

Thank you Maria for all you do!



## MAY HIGHLIGHTS

4	18
Cinco De Mayo	Sherbert & Champagne Soiree
20	25
Casino Day	Field Day



## Bring The Heat

As the temperatures start to rise staying hydrated plays a vital role in maintaining our health and wellness throughout the summer months. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. By making just a few small changes to our daily routine you can greatly improve our chances to stay healthy and fit in the months to come. Keep these simple tips in mind as you enjoy the warm weather ahead.

- Making sure there's always fluids nearby to drink throughout the day. By the time you feel thirsty is usually too late, drinking small amounts regularly will help to ensure sustained balanced hydration.
- Water does have to be your only source of fluids. Fruits and vegetables like watermelon and cucumbers also offer a healthy dose of hydration.
- As heat and humidity rise avoiding strenuous outdoor activities during the peak hours of the afternoon. By dressing properly for the elements and finding shaded areas to provide an extra level of protection you can help minimize the unwanted effects from the heat of the sun.

## TRANSPORTATION INFORMATION

Waltonwood will provide 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 Monday at 1:30 pm.

## JUNE SPECIAL EVENTS

04
Donut Day
17- 24
CNA Week
23
Summer Blast



## EXECUTIVE DIRECTOR CORNER

Happy June!

We are off to great start this summer at Waltonwood Providence. As we lift most of the restrictions from the pandemic, we are happy to see so many familiar faces. Our Life Enrichment team has many wonderful events planned for the upcoming month. For the first time in over a year, we will be taking residents out for outings other than scenic drives. Great progress! I look forward to the wonderful things awaiting us in the next couple of months.

Sincerely,

Jeff Plummer

Senior Executive Director