



RESIDENT & ASSOCIATE BIRTHDAYS

Residents

- 6/4 Barbara M.
- 6/5 Betty M.
- 6/5 Mimi M.
- 6/11 Briggitta D.
- 6/19 Bill C.
- 6/23 Dick A.

Associates

- 6/2 Lony M.
- 6/12 Francesca S.
- 6/13 Colene W.
- 6/14 Danny W.
- 6/16 Elianny P.
- 6/24 Betty G.
- 6/29 Paula C.

CHEF STEVE’S RECIPE: French Potato Salad

Yield: 6 to 8 Servings

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.

Notes

This can be made ahead and chilled up to 4 days, but also really delicious served at room temp.



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



SINGH

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www.waltonwood.com | 704-246-8670
Facebook: /WaltonwoodProvidence



COMMUNITY MANAGEMENT

Jeff Plummer
Executive Director

Vicki Shotwell
Business Office Manager

Steve Archer
Culinary Services Manager

Ernie Collie
Environmental Services
Manager

Matt Swaney
Independent Living Manager

Katelyn Cummings
Life Enrichment Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg
Marketing Manager

UPCOMING EVENT HIGHLIGHT: Father's Day

Happy
Father's
Day!

June is a special month for many reasons, but most importantly, to celebrate the dads of the world. June 20 is Father's Day and we want to let our fathers know how much their community loves and appreciates them! Other exciting events happening are: evening rummikub, an educational speaker, root beer floats, outings, and a milkshake mixer on Father's Day. These are just some of the many things happening in June, so read your calendars and watch the community televisions for all events coming up!

Katelyn Cummings
Life Enrichment Manager

ASSOCIATE SPOTLIGHT

Danny Wood

Danny is our Forever Fit Coordinator for the entire community. Throughout the day, you can see him leading fitness classes in Independent Living, Assisted Living, and Memory Care. Danny’s been with the community since November 2020.

Danny welcomed his first baby, Danny Jr., a couple months ago and is always happy to share his excitement and pictures with the residents. He is a joy to have here and always has a positive attitude.



MAY HIGHLIGHTS

5

It wouldn’t be Cinco de Mayo without margaritas to go around!

9

We celebrated our mothers with a wonderful afternoon tea party.



19

The residents took their shot at luck during our casino themed game day.

25

Weston Group Therapy kicked off Health and Fitness day with a field day!



FOREVER FIT TOPIC: Beat 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 offers 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 & 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. 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.

Each month we have outings to banks, shopping centers, pharmacies, restaurants and grocery stores. Please see the calendar for specific dates and times and please sign up at the brown rectangular table by the dining room.

JUNE SPECIAL EVENTS

4

Krispy Kreme donuts at happy hour!

15

Patrick Hudson on the piano @ 7:00pm.

23

Wear pink for Pink Flamingo Day!

24

Tommy Helms doing an educational presentation on bees @ 3:30pm.



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 to a restaurant. Great progress! I look forward to the wonderful things awaiting us in the next couple of months.

Sincerely,
Jeff Plummer
Senior Executive Director