



# CHEF SIGNATURE RECIPE

## Chipotle BBQ Ribs

2 racks baby back ribs (about 3 1/2 pounds each)  
1 tablespoon paprika  
1 tablespoon garlic powder  
Kosher salt and freshly ground black pepper

### Barbecue Sauce

2 tablespoons vegetable oil  
1 medium onion, chopped  
Kosher salt  
2 cloves garlic, finely chopped  
1 1/2 cups no-sugar-added ketchup  
3/4 cup fresh orange juice  
2 teaspoons Worcestershire sauce  
2 chipotles in adobo, chopped, plus 1 tablespoon adobo sauce

### Directions

**For the ribs:** Preheat the oven to 350 degrees F. Line a large rimmed baking pan with foil.

Place the ribs on the prepared baking pan meat-side up. Sprinkle them with the paprika, garlic powder, one tablespoon salt and a generous amount of pepper. Rub the spices all over the ribs. Cover the pan tightly with foil and bake until the meat is very tender and can easily be pulled off the bone, about two hours.

**Barbecue sauce:** Meanwhile, heat the oil in a medium saucepan over medium heat. Add the onions and 1/2 teaspoon salt and cook, stirring often, until very soft and golden brown, about twenty minutes. Add the garlic and cook, stirring, one minute. Add the ketchup, orange juice, Worcestershire, chipotles and adobo and 1/2 cup water. Increase the heat to bring to a boil, then reduce the heat to keep at a simmer until slightly thickened, about ten minutes. Transfer to a blender and puree until smooth (be careful when blending hot liquids). Alternately, an immersion blender can be used in the pot.

**Finish the ribs:** Preheat the grill to medium-high (or set the oven to broil). Reserve about a cup of the barbecue sauce for serving alongside the ribs. Brush a small amount of the remaining sauce on the bone side of the ribs and a generous amount on the meaty side.

Grill the ribs, meaty-side up, until the underside is lightly charred, about 3 minutes. Turn the ribs over and grill until the meaty side is charred in spots, three to five minutes (if using the oven, simply broil for three to five minutes). Transfer to a cutting board and cut each rack in half. Serve immediately with the reserved sauce on the side.

## RESIDENT BIRTHDAYS

9<sup>th</sup>: Joanna B.

13<sup>th</sup>: Peggy B.

23<sup>rd</sup>: Carolyn P

26<sup>th</sup>: Paul B.

## ASSOCIATE BIRTHDAYS

2<sup>nd</sup>: Amanada R.

13<sup>th</sup>: Arionna S.

16<sup>th</sup>: Katrena L.

19<sup>th</sup>: Lauren M.

22<sup>nd</sup>: Bethany D.

27<sup>th</sup>: Maria G.

28<sup>th</sup>: Samantha T.



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

JULY 2021



## UPCOMING EVENT HIGHLIGHT

### Performers:

9<sup>th</sup>: Patrick at 3:00pm

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

16<sup>th</sup>: Carol at 3:00pm

21<sup>st</sup>: Ethan at 3:00pm

28<sup>th</sup>: John Lewis at 3:30pm

We cannot wait to celebrate the

Summer Olympics the end of this month

and beginning of August. We hope to

have some special guests and our own

mini games. Check out the calendar to

see all the fun we have planned!



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[www.waltonwood.com](http://www.waltonwood.com) | 704-246-8636

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

Ashley Jensen  
Life Enrichment Manager

Amanda Romero  
Resident Care Manager

Dana Gurley  
Wellness Coordinator

Grace Gallozzi  
Special Care Coordinator



## ASSOCIATE SPOTLIGHT

### HENRY WONG

Henry joined us here at Waltonwood in January of 2020. He is originally from Pasquotank County North Carolina. He completed his Associate of Arts in Culinary Science from Johnson and Wales University in 2015 and has worked in the food industry since then. Henry's experience in culinary has been predominantly in fine dining restaurants where he worked in every position from Line Cook to Kitchen Manager. He is an indispensable asset to the Culinary Team and to the Providence community. We are very lucky to have him. Thanks, Henry, for all you do, and congratulations on being Waltonwood Providence's Associate of the month!



## 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.

We will be starting our lunch outings again in June. Every Friday at 11:30, sign up at the table across from the concierge desk!

02

Trio

9

Poppyseeds  
Bagels

16

Chuy's

23

City BBQ

## JUNE HIGHLIGHTS

02

Italian Day

04

Donut Day



17- 24

CNA Week

23

Summer Blast

## A Fresh Start

A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months however have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, "life gets in the way" and that's ok, the good news is that it's never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now's the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest self. While many of us are ready to reestablish our exercise routine, many of us don't quite know where to begin. By taking some time to meet with our fitness team whether for just a few quick questions or a full assessment we can help identify your strengths, pinpoint your weaknesses and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

## JULY SPECIAL EVENTS

04

Independence Day

21

Greek Theme Day

23

Summer Olympics  
Begin

30

Interntational  
Friendship Day



## EXECUTIVE DIRECTOR CORNER

Happy July,

It's hard to believe that summer is here and the year is half way over! As we ramp up for summer, we have some exciting activities with a summer theme. We will also be celebrating the Summer Olympics near the end of the month. You will see a change in our dining menu options as well as we add more items related to the season. Fresh watermelon and local vegetables will be showcased in our menus.

Sincerely,

Jeff Plummer

Senior Executive Director