

## Life at Providence



## RESIDENT & ASSOCIATE BIRTHDAYS

### Associates

- 1<sup>st</sup>: Ladonna M.
- 1<sup>st</sup>: Tracee M.
- 8<sup>th</sup> Joe P.
- 16<sup>th</sup>: Daija M.
- 17<sup>th</sup>: Nancy R.
- 17<sup>th</sup> Marilyn R.
- 17<sup>th</sup>: Jeremy R.



## 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



OCTOBER 2021



## UPCOMING EVENT HIGHLIGHT

Happy Fall! The holidays are approaching fast and we are so excited to have many festivities for the on-coming months. In October we will be having a huge Fall Festival. We will have a petting zoo, John Lewis, a beer tasting and many more! We are looking forward to spending the holidays with your loved ones. **Make sure to wear pink to support Breast Cancer Awareness!**

### Performers:

- 4<sup>th</sup>: John Lewis at 2:00pm
- 6<sup>th</sup>: Brandy the Mini Horse 2:00pm
- 8<sup>th</sup> Patrick on the Piano at 4:00pm
- 12<sup>th</sup>: One Man Band at 10:30am
- 14<sup>th</sup>: Brian McCarn at 10:30am
- 19<sup>th</sup>: Juliette on the Piano at 4:00pm
- 20<sup>th</sup> Ethan at 2:00pm
- 27<sup>th</sup>- Petting Zoo at 3:00pm

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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
- Bethany DeGennaro  
Life Enrichment Manager
- Amanda Romero  
Resident Care Manager
- Dana Gurley  
Wellness Coordinator
- Grace Gallozzi  
Special Care Coordinator



## ASSOCIATE SPOTLIGHT

Paulette has been a great addition to our concierge team. She has three bachelor's degree in Special Education, Health Sciences, and Bible Studies. She was a third grade teacher for over 25 years. She was born and raised in Charlotte and a fun fact is that Alexander Rd and Rae Rd are named after her great grandparents. Paulette has a daughter who is 25 years old and works for Coca-Cola. Her grandparents lived in senior living communities and currently her mom lives in a community in Wilmington. This brought her to seek employment at a senior living community. Paulette has received many compliments from families about how nice she is and always has a great attitude. Her words to live by are, "The only thing you can change in life is your attitude." Her life verse is, "in all you do, do all to the glory of God, not men."



## SEPTEMBER HIGHLIGHTS

06

Labor Day

12

Grandparent's Day

13

Picnic at the Park

27

Chocolate Milk and  
Cookie Social



## Building Better Bones

While many of us exercise to keep strong, healthy muscles the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

## 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.

Outings

8<sup>th</sup> at 3pm Andy's Frozen Custard

11<sup>th</sup> at 11:00am Lunch Outing at Hawthorne's Pizza

18<sup>th</sup> at 11:00am Picnic at the Park

29<sup>th</sup> at 3:00pm Hunter Farm's Pumpkin Patch

## OCTOBER SPECIAL EVENTS

04-8

Active Aging Week

11

Sausage Pizza Day Outing

27

Fall Festival

29

Outing to Hunter Farm's



## EXECUTIVE DIRECTOR CORNER

Happy Fall!

As we gear up for pumpkins and scarecrows, we are focusing on both flu and Covid-19 booster shots. Kerr pharmacy will be providing flu shots to our residents and associates on October 7 for Independent Living and October 14 for Assisted Living and Memory Care. Residents may choose to attend our clinic or may receive their flu shot at any local pharmacy of choice. We have partnered with Walgreens to provide Covid-19 booster shots for our residents and associates. Once we finalize a date for the booster shot, we will send correspondence to residents and families.

Please stay safe and enjoy the cooler weather!

Sincerely, Jeff Plummer

Senior Executive Director