

PROVIDENCE
CONNECT

SEPTEMBER 2022



COMMUNITY
MANAGEMENT

John Ficker
Executive Director

Vicki Shotwell
Business Office Manager

Edgar Castro
Culinary Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Samantha Toms
Life Enrichment Manager

Samantha Latkovic
Resident Care Manager

Grace Gallozzi
Special Care Coordinator

Performers:

4th at 11-Melodic Miniors

9th at 3:30- Patrick on the Piano

12th at 10:30-Sarah on the Piano

13th at 10:30 -Bee Presentation and Honey
Tasting

14th at 3:00-Theresa the Vintage Singer

15th at 2:00-Exotic Encounters

16th from 2-4- Caricatures by Jeff Mangum

19th at 10:30-Brian McCarn

20th at 10:00-Martha on the Violin

21st at 2:00-Piano with Ethan
01

“What’s The Buzz”

A discussion about a truly amazing creature, the honeybee. The talk will focus on a year in the life of the honeybee colony, including the evolving roles and responsibilities of its members, its unrelenting and unselfish focus on preservation of the colony, and the numerous environmental and man-made challenges facing not only the existence of the honeybee, but pollinators in general.

Craig Veazey is a retired marketing executive and a passionate, NC-certified beekeeper. He lives in Weddington, and maintains hives in the South Charlotte, Matthews, Wesley Chapel and Waxhaw communities. Craig will be coming to the community on September 13th for a presentation and a honey tasting!

RESIDENT BIRTHDAYS

6th: Joan Stehr

15th: Bessie Holevas

ASSOCIATE BIRTHDAYS

3rd : Kimberly M.

5th : Deborah S.

6th : Elias S.

9th : Frederick F

13th: Madison M.

14th : Jill C.

14th: Raven F.

22nd: Lakesha

24th: Colene C.

25th: Brodie S.

26^h: Elizabeth A.

30th-Brittney Edwards



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Lisa is one of our med techs for Assisted Living you may see her in Memory Care sometimes! Lisa has been here at Waltonwood for five years!! In her spare time, she loves to fix things and work in her yard and garden. She is most proud of her 3 kids, 2 boys and a girl. She is also proud of her 8 grandbabies. Lisa loves making the residents smile and they make her job feel like it is worthwhile. Please congratulate Lisa on getting Associate of the month for September. Waltonwood is lucky to have someone as special as her on our team.



AUGUST HIGHLIGHTS

03

National Watermelon Day

06

Root Beer Float Day



18

Ice Cream Pie Day

25

Wizard of Oz Day



Focus on Flexibility

Flexibility refers to our bodies ability to freely move around one or multiple joints pain free and through a full range of motion (ROM). As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you lose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain

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 continue our lunch outings every Friday at 11:00. Sign up at the table across from the concierge desk.

02

9:00 Another Broken Egg

11:30 Omega Coney Island

09

Porofino's Italian Resteraunt

16

Hickory Tavern

23

Red Sake

30

Stack's Kitchen

SEPTEMBER SPECIAL EVENTS

05

Labor Day

11

Grandparent's Day

12

Chocolate Milkshake Day

22

Autumn Begins



EXECUTIVE DIRECTOR CORNER

I wanted to take some time and introduce you to some new members of our management team here at Waltonwood Providence.

Tiffany McKinney will be serving as our Wellness Coordinator. She began working in the industry over 20 years ago and has served as a Wellness Coordinator for the last 10 overseeing both Memory Care and Assisted Living areas in Long Term Care. She has great knowledge in Assisted Operations and we are excited to have her join our team.

Edgar Castro, our new Food Service Director, will be moving from our sister community at Cotswold. A great chef who loves interacting with the residents. He was a member of the culinary team here at Providence before moving into the Culinary Director role at Cotswold. We are looking forward to great meals, and fun events.

We will have a celebration to introduce families to our new team members in the very near future.