

**SEPTEMBER  
RESIDENT  
BIRTHDAYS**

Tina Ashburner 2<sup>nd</sup>

Evelyn Love 6<sup>th</sup>

Carolyn Margraves 13<sup>th</sup>

Predrag Stojkovich 13<sup>th</sup>

Mara Coe 14<sup>th</sup>

Barbara Zvoch 19<sup>th</sup>

Harold McGrath 19<sup>th</sup>

Esther Bicker 22<sup>nd</sup>

Delphine Edwards 23<sup>rd</sup>

Bridgette Krochmal 24<sup>th</sup>

Bob Rafferty 24<sup>th</sup>

Patrick Quinn 25<sup>th</sup>

**Live Entertainment**

- 1<sup>st</sup> Ethan Uslan
- 4<sup>th</sup> Melodic Minors
- 14<sup>th</sup> Brian McCarn
- 19<sup>th</sup> Jim Ruth
- 21<sup>st</sup> Patrick Hudson
- 22<sup>nd</sup> Jim Ruth
- 25<sup>th</sup> Cello by Jeff Hatley
- 26<sup>th</sup> Sarah on the Piano
- 27<sup>th</sup> Lauren Jade

**Outing Schedule**

**Mondays @ 9:30am-** Bank/Pharmacy

**Mondays @ 10:30am-** Grocery Store

**Mondays @ 2:00pm-** Other Outing

2<sup>nd</sup> Ben Thanh

9<sup>th</sup> Trio's

12<sup>th</sup> South Park Mall

16<sup>th</sup> Amelie's / Popshelf

18<sup>th</sup> CPCC Chamber Concert

23<sup>rd</sup> Thai House / Lidle

30<sup>th</sup> Windy Hill Orchard / Dollar Tree

**PROVIDENCE  
CONNECT**

**SEPTEMBER 2022**



**Upcoming Event Highlights**

- 5<sup>th</sup> Labor Day
- 7<sup>th</sup> Resident Town Hall
- 20<sup>th</sup> Special Guest: Rabbi Tracy Klir
- 23<sup>rd</sup> Autumn Sangria Social
- 28<sup>th</sup> National Good Neighbor Day
- 30<sup>th</sup> Windy Hill Apple Orchard



*Redefining Retirement Living*

**SINGH**  
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Facebook: /WaltonwoodProvidence

**COMMUNITY  
MANAGEMENT**

John Ficker  
Executive Director

Vicki Shotwell  
Business Office Manager

Edgar Castro  
Culinary Manager

Environmental Services  
Manager

Natalie Tunney  
Independent Living Manager

Matt Swaney  
Marketing Manager

Cara Nirenberg  
Marketing Manager

Julie Gaines  
Life Enrichment Manager

**\$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

**Tom Hohman** is one of our 2nd shift concierge team that has been here at Waltonwood Providence for over 6 years. He was actually referred to our community by Natalie our Independent Living Manager when she was at her previous position at Jewish Family services. Tom has a Bachelor's of Science in Printing Management and has been heavily involved in politics in California and here in NC. He is originally from Pittsburg PA, then lived in Baltimore MD, and then transferred to the west coast and lived in California where he loved to play beach volley ball. He met his wife out in California and they have two beautiful daughters. What he loves most about working at Waltonwood is interacting with the residents and family members. Tom's quote to live by is, "get it done." We so much enjoy having Tom be a part of our Waltonwood Family.



## 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.

In order to ensure the health and safety of our residents and bus drivers, residents must sanitize their hands before and after boarding the transportation vehicle for their appointment.

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

## SEPTEMBER SPECIAL EVENTS

07

Resident Town Hall

14

National Kreme Filled Doughnut Day

18

CPC Chamber Concert Series

26

National Johnny Appleseed day



## AUGUST HIGHLIGHTS

19

Margarita Madness

22

School Supply Drive



24

Ms. Senior America

25

Exotic Animal Encounters



## 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 loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use them 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
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

## 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.