

**FEBRUARY
RESIDENT
BIRTHDAYS**

2nd –Nancy K.

3rd—Elaine C.

4th—Ralph J.

6th—Vera A.

9th—Pat M.

9th—Sybil L.

9th—Carmela E.

9th—Audrey C.

13th—Shelia Q.

18th—Mary Beth R.

19th—Gayle M.

**FEBRUARY
ASSOCIATE
BIRTHDAYS**

5th—Andrea J.

6th—Nathalia B.

11th —Latonia C.

19th—Wayne R.

21st—Tania T.

Live Entertainment

2nd— Ethan Uslan

6th – John Lewis

8th – Brian McCarn

14th & 15th –Patrick Hudson

20th – Tom Billotto

21st—Tony the Accordion

25th—John Lewis

27th – Sarah

27th – Jim Ruth

Outing Schedule

Mondays @ 9:30am- Bank/Pharmacy

Mondays @ 10:30am- Grocery Store

3rd— 2:00pm Amelie’s for Tea and Pastries

6th— 2:00pm Walmart

10th—11:15am Lunch at CO

1:00pm South Park Mall

13th—2:00pm Target

17th—11:30am Lunch at Sir Edmond Halley’s

2:00pm PopShelf

20th – 2:00pm Dollar Tree

24th – 1:30pm Guided Tour of Dilworth & South End

30th—2:00pm Library / Trader Joe’s

\$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!



SINGH
5039 Providence Country Club Drive,
Charlotte, NC 28277
www.waltonwood.com | 704-246-8636
Facebook: /WaltonwoodProvidence

**COMMUNITY
MANAGEMENT**

John Ficker
Executive Director

Vicki Shotwell
Business Office Manager

Edgar Castro
Culinary Manager

Isaiah Mobley
Environmental Services
Manager

Natalie Tunney
Independent Living Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Ashley Jensen
Life Enrichment Manager

**PROVIDENCE
CONNECT**

FEBRUARY 2023



Random Acts of Kindness Month

Did you know that February is Random Acts of Kindness Month?

Even though we are all kind every month, we would like everyone to join us for our Random Acts of Kindness Challenge! This is for residents and associates.

Our goal, as a community, is to accomplish a minimum of 186 acts of kindness. This can be big or small. If you see or are a recipient of an act of kindness, be sure to let Ashley or someone on the Life Enrichment Team know so that we can keep track.

Let’s continue to spread kindness not only this month, but every day!



ASSOCIATE SPOTLIGHT

Janet is our amazing House Keeping Supervisor. She is originally from New Jersey but has lived here in NC for the past 13 years. She has two beautiful daughters and 4 grandchildren. In her spare time Janet loves to color in adult coloring books and do word searches. Janet actually open Waltonwood Providence and was one of the first employees here! She has been with the company for 8 years and 3 months. Janet loves to be around people and absolutely loves being around the residents. She enjoys putting a smile of their faces and helping any way that she can. We are so appreciative of having Janet and she always goes above and beyond.



JANUARY HIGHLIGHTS

4th

Pete Melrose
on the Piano

25th

Chinese New Year
Themed Dinner

31st

Hot Chocolate
Social

Here and Now

Much like our personalities our fitness experience is uniquely ours. Strengths, weaknesses, abilities and limitations all shape our overall health and wellness. While previous experiences often influence our perception of how we “should” be when assessing our current state, don’t let them be the defining factor in your overall success. Having our focus at things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the here and now!

TRANSPORTATION INFORMATION

Waltonwood offers transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment **24-48 hours** in advance 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.

FEBRUARY HIGHLIGHTS

3rd

Wear Red for
Heart Health

10th

Wills & Estate
Planning
Discussion

14th

Valentine’s Day

21st

Mardi Gras

AMERICAN
HEART
MONTH



EXECUTIVE DIRECTOR CORNER

I think we have settled down a bit from the hecticness of the holidays. A little more routine with less hustle and bustle. I have enjoyed the lack of snow this winter (so far and knocking on wood). I know there are several who enjoy the colder weather, but my blood is thin and loves the warmth. As we get ready for warmer weather, I am excited about some of the plans we have in store. I am really looking forward to using the courtyards more often. We are looking at refreshing some of the commonly used areas with new cushions and flowers. We are coordinating some outings that will allow us to be outside. Looking at Knights games, and some garden tours. As I look forward to all of these plans, I remind myself to enjoy where we are at this current time. To relax with the warm coffee and cocoa, accept the snow when it falls, and enjoy the time with friends.

Jane Harvery