



# Life at Providence

## RESIDENT BIRTHDAYS

- 1<sup>st</sup>: Gerald M
- 2<sup>nd</sup>: Betty W
- 6<sup>th</sup>: Betty M
- 11<sup>th</sup>: Harry M
- 14<sup>th</sup>: Jeck W
- 14<sup>th</sup>: Milton R
- 15<sup>th</sup>: Eddie H
- 17<sup>th</sup>: Daniel R
- 18<sup>th</sup>: Frances H
- 18<sup>th</sup>: Judith C

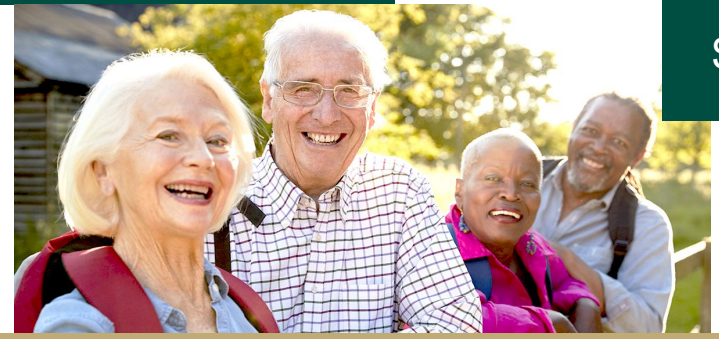
## ASSOCIATE BIRTHDAYS

- 5<sup>th</sup>: Andrea J
- 6<sup>th</sup>: Natalia B
- 11<sup>th</sup>: Latonia C
- 19<sup>th</sup>: Wayne R
- 21<sup>st</sup>: Tania T



## \$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](http://www.waltonwood.com) | 704-246-8636  
 Facebook: /WaltonwoodProvidence

# PROVIDENCE CONNECT

FEBRUARY 2023



## Feel the Love

### Performers

- 10<sup>th</sup>: Patrick on the piano at 2:30p
- 13<sup>th</sup>: Sarah on Piano at 10:30am
- 15<sup>th</sup>: Ethan on the Piano 3:00pm
- 20<sup>th</sup>: Brian McCarn at 10:30am
- 22<sup>nd</sup>: John Lewis at 3:30pm
- 28<sup>th</sup>: Martha at 2:30pm

We are excited to announce we have our buses back!

We have a busy month in February. We will have themed dinners for Mardi Gras and Valentine's Day. February has many other things going on such as Go Red Day, and Black History Month.

## COMMUNITY MANAGEMENT

- John Ficker  
Executive Director
- Vicki Shotwell  
Business Office Manager
- Edgar Castro  
Culinary Manager
- Matt Swaney  
Marketing Manager
- Cara Nirenberg  
Marketing Manager
- Blair McCotter  
Life Enrichment Manager
- Samantha Latkovic  
Resident Care Manager
- Tiffany McKinney  
Wellness Coordinator
- Grace Gallozzi  
Special Care Coordinator

## ASSOCIATE SPOTLIGHT

Nancy is one of our amazing med techs in memory care. Nancy has three children and in her spare time you will see her spending it with her family. She has been with Waltonwood for 4 years and you will find her in Annabel's Cottage. Her favorite thing about working here is the residents and building relationships with them. In 2007, she received a bachelors in Business and Administration. In the future she would like to receive her LPN and then work towards becoming a RN. We are so fortunate to have Nancy as a part of our family.



## 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 (**a minimum of 24-48 hours**), 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.

03

Red Bowl

10

The Q Shack

17

Shomars

24

Famous Toastry

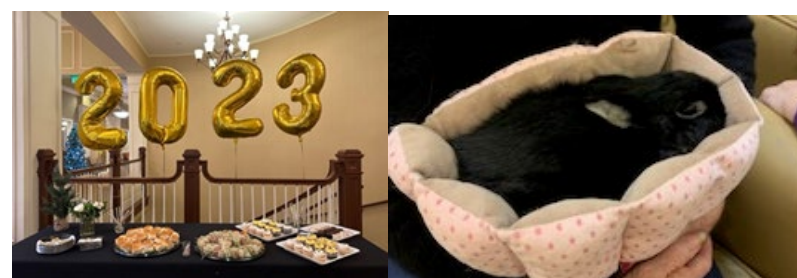
## JANUARY HIGHLIGHTS

01

Happy New Year

11

Bunny Blessing



17

Theresa Vintage Singer

22

Chinese New Year



## 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!

## FEBRUARY SPECIAL EVENTS

03

GO RED

09

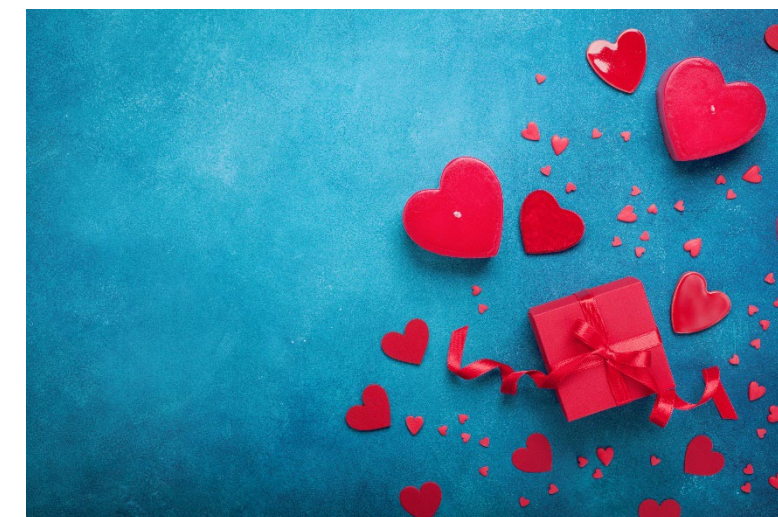
Chocolate Kiss Day

14

Valentine's Day

21

Mardi Gras



## 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.

-John Ficker