



## Life at Providence



### ASSOCIATE BIRTHDAYS

- 9<sup>th</sup>-Wadley M.
- 10<sup>th</sup>-Farduz A.
- 13<sup>th</sup>-Edgar C.
- 13<sup>th</sup>-Anthony P.
- 13<sup>th</sup>-Sarah C.
- 17<sup>th</sup>-Henry W.
- 20<sup>th</sup>-Sharon W.
- 20<sup>th</sup>-Emma F.
- 25<sup>th</sup>-Fulaymatu S.
- 26<sup>th</sup>-Fitzgerald B.
- 28<sup>th</sup>-Iyee R.
- 30<sup>th</sup>-Beatrice Y.

### RESIDENT BIRTHDAYS

- 3<sup>rd</sup>-Gerry 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!

# PROVIDENCE CONNECT

NOVEMBER 2023



### Performers:

- 3<sup>rd</sup> at 3pm-Patrick Hudson
- 5<sup>th</sup> at 2pm Raven & Rhodes Music
- 14<sup>th</sup> at 3pm Magic Show with Magic Canvas
- 15<sup>th</sup> at 2pm Ethan on the Piano
- 17<sup>th</sup> at 10:30am Todd Drye on the Guitar
- 17<sup>th</sup> at 2pm Sock Hop with Elvis
- 20<sup>th</sup> at 10:30am Brian McCarn
- 21<sup>st</sup> at 2pm Exotic Encounters
- 21<sup>st</sup> at 3:30pm Theresa the Vintage Singer
- 23<sup>rd</sup> at 12pm Martha on the Violin
- 24<sup>th</sup> at 3pm Jim Ruth
- 27<sup>th</sup> at 10:30pm Sarah on the Piano
- 29<sup>th</sup> at 3:30 John Lewis

The holidays are approaching very quickly. We have so many things planned for the next couple months! Events from Holiday parties, to going to see Christmas Lights and the Nutcracker, to packing baskets for the Homeless. I would like to remind everyone about the Holiday Fund! If you have any questions about this please feel free to reach out to me!



WALTONWOOD®

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## COMMUNITY MANAGEMENT

John Ficker  
Executive Director

Vicki Shotwell  
Business Office Manager

Edgar Castro  
Culinary Manager

Matt Swaney  
Marketing Manager

Cara Nirenberg  
Marketing Manager

Bethany DeGennaro  
Life Enrichment Manager

Victoria Yalch-Costanzo  
Resident Care Manager

Tiffany McKinney  
Wellness Coordinator

## ASSOCIATE SPOTLIGHT

Kelly is our associate of the month for November! She has worked at Waltonwood for over a year! Her favorite thing about being part of the Waltonwood team is her residents. In Kelly's free time she is spending time with her four boys. They are 16,14, and she has twin boys who are 13. She is a proud basketball mom! Something you may not know about Kelly is that she has a twin sister! One of Kelly's bucket list items is to get on a plane for the first time or go on a cruise to the Bahamas! Her favorite food is Pepperoni Pizza! One of our resident's Leonard said "Kelly is phenomenal and a gem". Thank you, Kelly for all you do! We are so happy to have you part of our Waltonwood 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, 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.

06

Crowder Mountain to see the leaves change & Italian Food

13

Nascar Hall of Fame Museum

20

Movies to see Priscilla

27

Flying Biscuit

## OCTOBER HIGHLIGHTS

03

Health Fair

05

Polka Band

18

National Chocolate Cupcake Day

26

Trick or Treating with Kiddie Academy



## NOVEMBER SPECIAL EVENTS

11

Veteran's Day

13

World Kindness Day

14

Magic Show with Magic Canvas

17

Sock Hop



## How Do You Feel?

How do you feel today? Seems like a simple enough question but if we're not honest with ourselves sometimes our answers can lead us a stray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies way of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

## EXECUTIVE DIRECTOR CORNER

As we prepare to enter November I look outside and see a beautiful warm sunny day. With that being said, I did just get to see some fun children dressed in costume as they trick or treated with our residents. We always appreciate the children who visit. Flowers have stayed with us a little longer than usual, though we should be replacing in the next couple of weeks. If you were enjoying the warm weather outside you may have seen Santa's Little Helper hanging lights to prepare for the Holiday Season. These are just some of the pre-plannings for the soon to be winter season. We have several fun events planned for November which include a food drive, a trip to the mountains to see the leaves change, and several entertainers including a magician which I am excited to see tricks performed. We prepare for the Holiday knowing we do lots of decorating, but also look forward to spending time with families. Thanks for being a part ours.

John Ficker