

**FEBRUARY
RESIDENT
BIRTHDAYS**

- 2nd—Nancy K.
- 4th—Ralph J.
- 6th—Vera A.
- 9th—Pat Ma.
- 9th—Carmela E.
- 11th—Irene G.
- 11th—Bob W.
- 18th—Mary-Beth R.

**FEBRUARY
ASSOCIATE
BIRTHDAYS**

- 3rd—Samantha C.
- 3rd—Blair M.
- 4th—Chase P.
- 6th—Alia D.
- 7th—Samuel P.
- 9th—Khadijah L.
- 11th—Gabriel D.
- 11th—Tameka P.
- 18th—Debra W.
- 19th—Anushka S.
- 19th—Wayne R.
- 27th—Alexander B.

Live Entertainment

- 1st—Ethan Usian
- 8th—Brian McCarn
- 15th—Italian Night with Giovanni
- 16th—Theresa “Vintage” Singer
- 19th—Tom Billotto
- 21st—Patrick Hudson
- 24th—John Lewis
- 26th—Jim Ruth
- Thursdays: Fred on the Piano

Outing Schedule

- Mondays @ 9:30am- Bank/Pharmacy
- Mondays @ 10:30am- Grocery Store
- 2nd— 8:30am St. Matthews Catholic Church
11:30am Lunch at Yama Asian Fusion
2:00pm Hobby Lobby
- 5th— 2:00pm Target
- 9th— 11:30am Lunch at Famous Toastery
2:00pm Belk (Stand Alone in Monroe)
- 12th— 2:00pm Walmart
- 16th— 11:30am Lunch at Little Mamas
- 19th— 2:30pm Dollar Tree / PopShelf
- 22nd— 4:30pm Dinner Outing: Margaritas
- 23rd—10:00am Scenic Drive through Plaza Midwood
2:00pm Walmart
- 26th— 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!

**PROVIDENCE
CONNECT**

FEBRUARY 2024



What’s Happening This Month

February is Black History Month– Starting Monday, February 12th at 7:30pm we will stream a National Geographic Episode of the new series MLK/X every Monday.

February is also Random Acts of Kindness Month, we have a goal as a community to hit 169 Random Acts of Kindness. We will have a sheet at the concierge desk that you can let us know all the kindness you are spreading.

February 15th we will welcome back Giovanni for an Italian themed dinner followed by a performance.

As always, please let Ashley or the Life Enrichment Team know if there are any programs or outings that you would like to see on the calendar.

**COMMUNITY
MANAGEMENT**

- John Ficker
Executive Director
- Vicki Shotwell
Business Office Manager
- Edgar Castro
Culinary Manager
- Natalie Tunney
Independent Living
Manager
- Matt Swaney
Marketing Manager
- Cara Nirenberg
Marketing Manager
- Ashley Jensen
Life Enrichment Manager
- Mustafa Kilani
Environmental Services
Manager



ASSOCIATE SPOTLIGHT

Gary is our associate of the month for February. Ironically, February is his 8-year anniversary with Waltonwood. His favorite thing about working at Waltonwood is definitely the people and residents. He also enjoys that he can stay busy and every day is different. Gary enjoys going to the beach. He and his family rent a beach house every year. This is a special time for him to be able to see his kids and grandkids. A surprise fact about Gary is that he played the accordion in high school and even played at his junior prom. Gary's favorite pizza is pepperoni, sausage, jalapenos, onion and anchovies. In his free time, he enjoys fishing and working around the house. We are not surprised about that one as Gary loves to work. We appreciate everything Gary has done and continues to do at Waltonwood. Happy 8-year anniversary and congratulations on Associate of the Month!



JANUARY HIGHLIGHTS

3rd	12th	16th & 18th	26th
Learn about Poetry Collective	Elvis Impersonator Returns!	Ladies & Men's Luncheons	Scenic Drive through Uptown

KNOW YOUR NUMBERS

Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure the healthy you have in the healthy you keep. There are however some other factors to consider. Numbers, when elevated, can greatly impact how you feel. High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body making your heart work harder and more susceptible to heart disease and stroke. So, this February join with the American Heart Association and help celebrate American Heart Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a healthy, happy lifestyle for years to come.

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 mile 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 table by the mail boxes.

FEBRUARY HIGHLIGHTS

2nd

Wear Red Day for Heart Health

15th

Italian Night with Giovanni

26th

Come Learn About Jewish Songs Around the World with Rabbi Klirs

27th

Join Exotic Encounters and Meet Some Exciting Animals



FEBRUARY IS
**AMERICAN
HEART
MONTH**

EXECUTIVE DIRECTOR CORNER

January the 30th and the sun is shining. Let's hope we can sneak through February and get out of the winter season with many similar types of days. We have several great events planned for February. February is Go Red for Heart Health and we will recognize by having a day we all wear red. We will have a social and great food on one of my favorite days – Mardi Gras. A day after we get to celebrate Valentine's Day. We will also have an Ash Wednesday Service to prepare for Lent. There is also a pretty big football game that we will need to recognize. I look forward to warmer weather but am also excited for a fun February!

Le Bon Temps Rouler!

--John Ficker