



# Life at Providence

## RESIDENT BIRTHDAYS

- 2<sup>nd</sup> Betty W.
- 2/6 Betty M.
- 2/7 Melissa V.
- 11<sup>th</sup> Harry M.
- 2/14 Milt R.
- 17<sup>th</sup> Dan R.
- 18<sup>th</sup> Frances H.

## ASSOCIATE BIRTHDAYS

- 3<sup>rd</sup> Blair
- 3<sup>rd</sup> Sam C.
- 4<sup>th</sup> Chase P.
- 6<sup>th</sup> Alia D.
- 7<sup>th</sup> Samuel P.
- 9<sup>th</sup> Khadijah L.
- 11<sup>th</sup> Gabriel D.
- 11<sup>th</sup> Tameka P.
- 18<sup>th</sup> Debra W.
- 19<sup>th</sup> Anushka S.
- 19<sup>th</sup> Waybe R.
- 27<sup>th</sup> Alexander B.



- Performers:
- 9<sup>th</sup> Piano w/ Patrick
  - 11<sup>th</sup> Jusy Singers
  - 16<sup>th</sup> Music w/ Theresa
  - 19<sup>th</sup> Music w/ Brian
  - 21<sup>st</sup> Piano w/ Ethan
  - 23<sup>rd</sup> Music w/ Jim
  - 26<sup>th</sup> Piano w/ Sarah
  - 28<sup>th</sup> Music w/ John Lewis

# PROVIDENCE CONNECT

FEBRUARY 2024



## \$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!

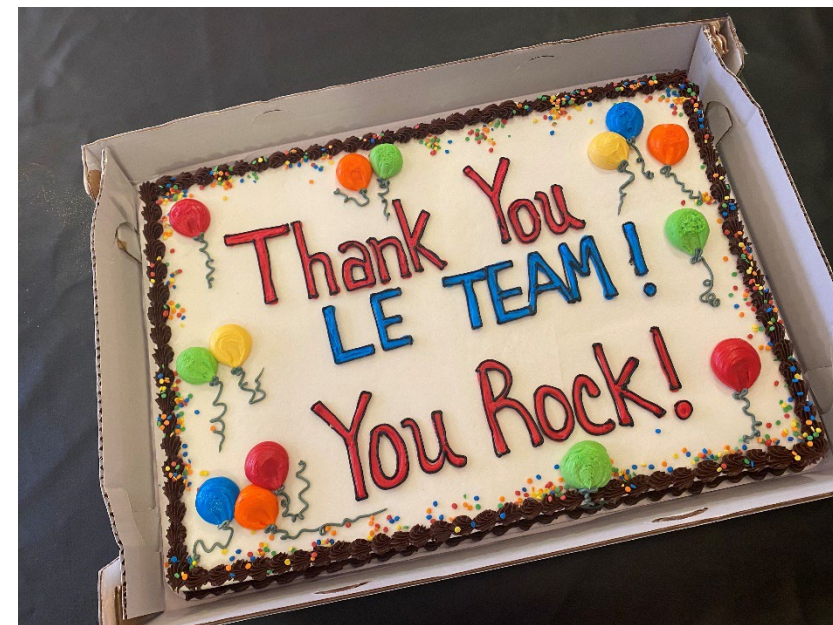
FRIENDS & FAMILY REFERRAL PROGRAM!

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Facebook: /WaltonwoodProvidence

## COMMUNITY MANAGEMENT

- John Ficker  
Executive Director
- Vicki Shotwell  
Business Office Manager
- Edgar Castro  
Culinary Manager
- Mosatfa Kalini  
Maintenance Manager
- Matt Swaney  
Marketing Manager
- Cara Nirenberg  
Marketing Manager
- Blair McCotter  
Life Enrichment Manager
- Victoria Costanzo  
Resident Care Manager
- Brittany Hardy  
Wellness Coordinator



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, him 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!



## 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. We will continue our activities outings on Fridays. Sign up at the table across from the concierge desk.

## FEBRUARY HIGHLIGHTS

02

Outing to Little Mamas

16

CVS & Buffalo Wings

19

Outing to TCBY

23

Outing to Stacks



## JANUARY HIGHLIGHTS

05

Lunch at Buffalo Wild Wings

12

Bowling at Sports Connection

19

Lunch at Famous Toastery

22

Outing to TCBY



## FEBRUARY SPECIAL EVENTS

02

Bunny Blessings

09

Pottery Painting

15

Italian Family Night

27

Exotic Encounters



## 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 than 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.

## EXECUTIVE DIRECTOR CORNER

John B. Ficker Executive Director Waltonwood Providence