



Life at Providence

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.
- 19th-Anushka S.
- 19th-Wayne R.
- 27th-Alexander B.



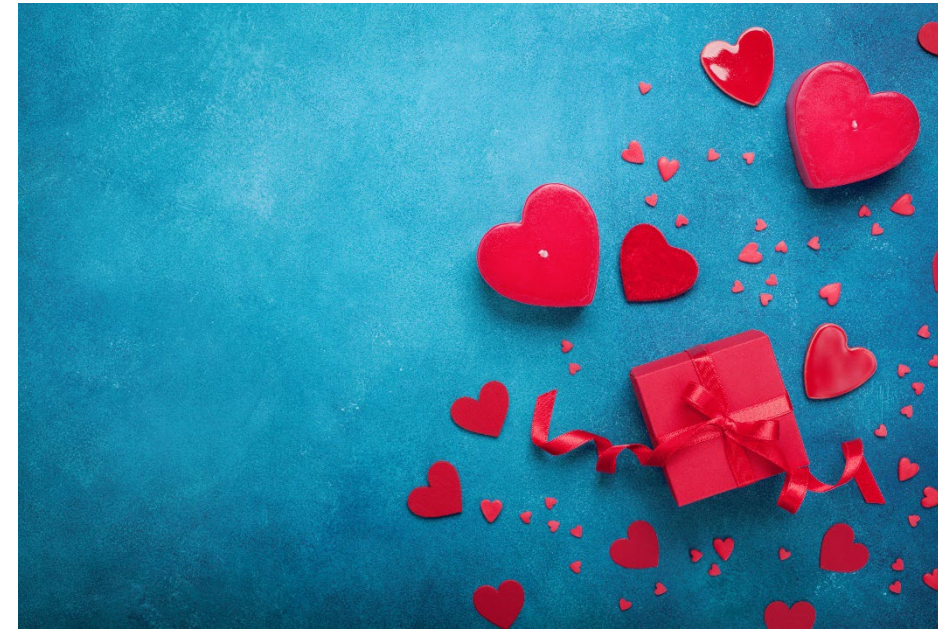
\$3,500 RESIDENT REFERRAL BONUS

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

FEBRUARY 2024



Performers:

- 2nd-Bunny Blessings 10:30
- 9th-Patrick Hudson at 3:30
- 11th-Judy Singers at 10:30
- 15th-Giovani at 5:30
- 16th-Theresa at 2:30
- 19th- Brian at 10:30
- 21st-Ethan at 2:00
- 23rd-Jim Ruth at 3:00
- 27th-Exotic Encounters at 2:00



SINGH

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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
Memory Care

Brittany Hardy
Wellness Coordinator
Assisted Living

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, 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!



JANUARY HIGHLIGHTS

- 12 Elvis Performance
- 19 National Popcorn Day
- 23 National Pie Day
- 30 Dinner Outing to Lam's Kitchen



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.

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.

05

PF Changs

12

Dish it Out
Pottery

19

Little Mama's

FEBRUARY SPECIAL EVENTS

08

Wonka Movie Outing

09

Law Enforcement
Day

12

Elvis Performance

31

Hot Chocolate Day



EXECUTIVE DIRECTOR CORNER

January 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 Valentines Day. We will also have an Ash Wednesday Service to prepare for Lent. To make sure we stay busy that week we will have a family night on the 15th in Assisted Living and Memory Care. 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