



Life at Providence

ASSOCIATE BIRTHDAYS

- 5th-Angela F.
- 6th-Erica K.
- 9th-Andrea R.
- 9th-Joyce B.
- 11th-Simone Q.
- 11th-Matthew S.
- 11th-Lisa C.
- 13th-Ashley J.
- 14th-Mostafa K.
- 14th-Sharayla H.
- 22nd-Lauren Y.
- 26th-Megan K.
- 28th-Melody M.



\$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

APRIL 2024



I am so exciting for the next upcoming months. It is finally starting to get warm and we can do more activities outside. In the next coming months we will start to spruce up our courtyards. We have some very exciting events happening in the month of April. On the 8th from 5-6:30 we will have family night with the famous Giovani. We will also have a classic car show, attend a Knight's baseball game, and a Master's Putting Tournament.

Please reach out to me if you have any questions or concerns!



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

Ann-Marie Lohmann-Kreischer
Wellness Coordinator
Memory Care

Brittany Hardy
Wellness Coordinator
Assisted Living

ASSOCIATE SPOTLIGHT

Tracy is our fabulous pastry chef here at Waltonwood Providence. She has been working here about six months. Tracy has been a pastry chef for about 20 years. She has many years of hotel experience! Tracy started her own business at home called White Tulip Gourmet and it turned into her own bakery in Mineral Springs, which she owned for about 4 years. Tracy's mom was her influence to start baking, she was a jack of all trades. Her favorite item to bake is Macarons. When Tracy is not baking, she loves to work in the garden and spend time with her husband and two boys. One day Tracy would love to write her own cook book and become a chocolatier. Thank you so much for all you do! Waltonwood is grateful to have you on our team!



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.

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The Office

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Mr. Toyko

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Picnic at the Park

MARCH HIGHLIGHTS

05

Taste of Waltonwood

08

International Women's Day

19

First Day of Spring

22

Outing to Sea Life Aquarium



APRIL SPECIAL EVENTS

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Family Night

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Master's Putting Tournament

12

Hornet's Nest Car Show

17

Knight's Baseball Game



FIT & FLEXIBLE

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training

EXECUTIVE DIRECTOR CORNER

Spring is in the air. Along with the pollen, so sneezing is common, but we can now begin putting our winter clothes away. Donna our infamous med tech recommends using this as a time to clear out our closets to provide a little more room. Enough of the work - Lets review some of the fun events we have going on this month. I am excited that we have rescheduled out AL/MC family night for April the 8th. We will have a fun evening focused on the food and sounds of Italy. On Friday April 12, we will have an ice cream truck and we are expecting at least 20 vintage cars for our annual car show. A putting tournament will get us in the mood for The Master's. Prizes will be provided. More details to come. I am excited that we will also be attending a Charlotte Knight's game. We will load the bus early on the 17th for a day game at Knight's stadium. Looking forward to being a part of all the fun events. Thank you for making Waltonwood home.

John