



# LIFE AT PROVIDENCE

Live Entertainment



International Picnic Day



Preparing for Camp Waltonwood

### Performers:

- 2<sup>nd</sup> Music w/ Nicholette
- 9<sup>th</sup> Music w/ Joey
- 12<sup>th</sup> Piano w/ Patrick
- 15<sup>th</sup> Music w/ Brian McCarn
- 18<sup>th</sup> Music w/ Theresa
- 17<sup>th</sup> Piano w/ Ethan
- 23<sup>rd</sup> Music w/ Giovanni
- 24<sup>th</sup> Music w/ John Lewis
- 25<sup>th</sup> Showtunes & Singalong w/ Sarah
- 26<sup>th</sup> Music w/ Jim Ruth

# PROVIDENCE CONNECT

JULY 2024



We had a blast celebrating our wonderful caregivers during Caregivers Week in June! We ate delicious food prepared by Chef Edgar, played games and won prizes. A good time was had by all!

July is such a special month here at Waltonwood Providence! We will kick off our fun activities with a July 4<sup>th</sup> celebration! Join us outside for a patriotic performance with our vintage singer Theresa at 10:30 am and stay for a visit from an ice cream truck!



Redefining Retirement Living

SINGH

5039 Providence Country Club Drive, Charlotte, NC 28277  
www.waltonwood.com | 704-246-8636  
Facebook: /WaltonwoodProvidence

### RESIDENT BIRTHDAYS

- 2<sup>nd</sup> Dale K.
- 9<sup>th</sup> Joanna B.
- 16<sup>th</sup> Rita M.
- 26<sup>th</sup> Paul B.
- 30<sup>th</sup> Preston S. ASSOCIATE BIRTHDAYS
- 9<sup>th</sup> Myesha L.
- 11<sup>th</sup> Raghavi S.
- 13<sup>th</sup> Johanna M.
- 16<sup>th</sup> Ketrena L.
- 18<sup>th</sup> Earl P.
- 22<sup>nd</sup> Jennifer O.
- 22<sup>nd</sup> John F.
- 22<sup>nd</sup> Bethany D.
- 26<sup>th</sup> Fanny M.
- 26<sup>th</sup> Riya K.
- 28<sup>th</sup> Shalini D.
- 29<sup>th</sup> Darryl W.

### COMMUNITY MANAGEMENT

John Ficker  
Executive Director

Vicki Shotwell  
Business Office Manager

Edgar Castro  
Culinary Manager

Mostafa Kalini  
Maintenance Manager

Matt Swaney  
Marketing Manager

Cara Nirenberg  
Marketing Manager

Blair McCotter  
Life Enrichment Manager

Brittany Hardy  
Wellness Coordinator

## \$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!



Sam is our employee of the month for July. She has been at Waltonwood for a little over our year. She is the full-time life enrichment assistant in assisted living and memory care. She went to UNC Charlotte and currently has a marketing degree. Her dream job is to own a wedding venue. She has one dog and a cat; their names are Suki and Odi. Her dream vacation spot is anywhere tropical. In 5 years, Sam sees her self managing a therapy with her COTA license. Her favorite food is dumplings. Thank you, Sam, for everything you do for Waltonwood. We appreciate you!



## TRANSPORTATION INFORMATION

Waltonwood will provide transportation for medical appointments on Tuesdays, 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.

## JULY OUTINGS

05

Dollar Tree

21

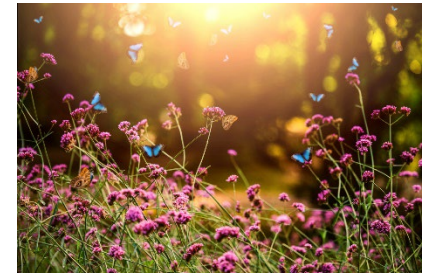
Pottery Painting at Dish it Out

19

Rack Room Shoes

26

Harris Teeter



## JUNE HIGHLIGHTS

07

Donut Day

14

Caregivers Week



22

Camp Waltonwood

27

Bombpop Social



## JULY SPECIAL EVENTS

04

July 4<sup>th</sup> Celebration

22

Frozen Yogurt at TCBY

23

Gorgeous Grandma Day

29

Lasagna Day



## HEALTH IN THE HEAT

While healthy hydration habits are important year-round, they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. Making small, subtle changes can greatly improve our ability to adapt and help our bodies better tolerate the summer heat. Having fluids nearby to drink throughout the day, avoiding strenuous outdoor activities during the peak hours of the afternoon and wearing appropriate clothing that allows for good circulation, you can help cut down on dehydration and keep us feeling comfortable and safe on the hottest summer days.

It's Hot!!!!, but so goes summertime in the South. I want to give a quick shout to all those who participated in Camp Waltonwood and saw directly how important intergenerational programs can be. Dancers, karate, and obstacle courses. Our theme of Paris Olympics, the food, and some interesting dancing led to a great afternoon. As we look back on fun times, we also have several to celebrate in the upcoming month. On the 4<sup>th</sup> of July we will have a great barbecue followed by an ice cream truck outside. On July 23<sup>rd</sup> we celebrate our gorgeous grandmothers and have a professional photographer to make sure the lighting is perfect. On July 29<sup>th</sup> we will celebrate National Lasagna Day! A true Italian Feast will be that evening incorporated with great singing by Giovanni. Stay cool, drink fluids, and get excited about the fun events in July!