

**JULY
RESIDENT
BIRTHDAYS**

- 4th- Joyce G.
- 5th- Laura H.
- 10th- Mary Lou G.
- 10th- Nella F.
- 11th- Annette H.
- 11th- Betty K.
- 13th- Sally W.
- 15th- Anne Pra.
- 18th- Phil E.
- 22nd- Suzanne H.
- 27th- Pat K.

**JULY
ASSOCIATE
BIRTHDAYS**

- 9th- Myesha L.
- 11th-Raghavi S.
- 13th-Johanna M.
- 16th- Katrena L.
- 18th- Earl P.
- 22nd- Jennifer O.
- John F.
- Bethany G.
- 26th- Fanny C.M.
- Riya K.
- 28th- Shalini D.
- 29th- Darryl W.

LIVE ENTERTAINMENT

- 1st- John Lewis Thursdays with Fred on the piano
- 4th- Theresa “Vintage Singer”
- 5th- Ethan Uslan
- 9th- Joey Santo
- 10th- Brian McCarn
- 17th- Patrick Hudson
- 22nd- Jim Ruth
- 27th- John Lewis
- 29th- Giovanni



OUTING SCHEDULE

- Mondays @ 9:30am- Bank/Pharmacy
- Mondays @ 10:30am- Grocery Store
- Sundays @ 10:30am-Weddington Methodist Church

- 1st- 2:00pm Walmart
- 5th- 8:30am Bus service to St. Matthews
11:30am Nusa-Indonesian Cuisine
- 6th- 10:30am Regional Farmers Market
- 8th- 2:00pm Target
- 12th- 11:30am New South Kitchen and Bar
- 2pm Marshalls/HomeGoods
- 15th-2pm Dollar Tree and PopShelf
- 19th- 11:30am Little Mama’s
2:00pm Museum of the New South
- 22nd- 2pm Library and Trader Joes
- 26th- 11:30 Amelie’s French Bistro and Bakery
- 27th-1pm Les Misérables Children’s Theater
- 29th- 2pm JoAnn Fabrics

\$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**

JULY 2024



WHAT’S HAPPENING THIS MONTH

Please join us in Welcoming Amy to the Life Enrichment Team. We are looking forward to all of her great ideas and contributions to our community.

July 2nd starts our new TV Tuesday program “Last Tango in Halifax”

July 3rd we will be starting our Wiser Wednesday lecture series. Check your Movie schedule for details.

July 4th we will be celebrating our nations birthday with music, ice cream and a BBQ buffet.

July 15th Vising Angels will be here for a Lunch and Learn, we will learn all about nutrition.

July 23rd we will celebrate all of our Gorgeous Grandmas with tea and treats in the Game room. Daughters and grandchildren are welcome to attend. Wear your pearls and florals! Please RSVP at the front desk.

To celebrate the opening of the Paris Olympics we will be going to Amelie’s for lunch and having a special French themed Happy Hour.

July 29th we will celebrate National Lasagna Day with an Italian dinner and a performance by Giovanni

Redefining Retirement Living

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**COMMUNITY
MANAGEMENT**

John Ficker
Executive Director

Vicki Shotwell
Business Office Manager

Edgar Castro
Culinary Manager

Ashley Jensen
Independent Living
Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Cathy Hill
Life Enrichment Manager

Mostafa Kilani
Environmental Services
Manager



ASSOCIATE SPOTLIGHT

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 herself managing a therapy with her COTA license. Her favorite food is dumplings. Thank you, Sam, for everything you do for Waltonwood. We appreciate you more than you know!



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 table by the mail boxes.

JULY HIGHLIGHTS

10th

Town Hall

16th

Ladies Luncheon

18th

Gentlemen's Luncheon

22nd

Italian Night Dinner



JUNE HIGHLIGHTS

8th

Phil and Ruth's 70th Anniversary

13th

Father's Day Dinner

20th

Longest day of the year Cookout

22th

Camp Waltonwood

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.

EXECUTIVE DIRECTOR CORNER

Its 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 4th of July we will have a great barbecue followed by an ice cream truck outside. On July 23rd we celebrate our gorgeous grandmothers and have a professional photographer to make sure the lighting is perfect. On July 29th we will celebrate National Lasagna Day! A true Italian Feast will be that evening incorporated with great singing by Giovani. Stay cool, drink fluids, and get excited about the fun events in July!