



JULY BIRTHDAYS!

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



PROVIDENCE CONNECT

JULY 2024



JUNE REFLECTION

Happy July Everyone! Can you believe the year is halfway over. As you look over the calendar you may notice some changes. We will still continue to go out on outings every Monday and Friday. However, we will be doing a variety of outings not just lunch outings! Please feel free to reach out to me with any questions, concerns or suggestions for outings!

SINGH
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COMMUNITY MANAGEMENT

John Ficker
Executive Director

Vicki Shotwell
Business Office Manager

Edgar Castro
Culinary Services Manager

Bethany DeGennaro
MC Life Enrichment Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Ann-Marie Lohmann-Kreischer
MC Wellness Coordinator

\$3,500 RESIDENTIAL REFERRAL BONUS

FAMILY & FRIENDS REFERRAL PROGRAM!

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!



EMPLOYEE SPOTLIGHT: Samantha Carter

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 more than you know!



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.

JUNE HIGHLIGHTS

- 7**
Donut Day
- 10**
Giovanni the Italian Singer
- 18**
International Picnic Day
- 22**
Camp Waltonwood



JULY SPECIAL EVENTS

- 4**
Fourth of July
- 10**
Giovanni Italian Singer
- 20**
First Day of Summer
- 23**
Camp Waltonwood



FOREVER FIT: 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

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 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 Giovanni. Stay cool, drink fluids, and get excited about the fun events in July!