

## OCTOBER

### RESIDENT BIRTHDAYS

8<sup>th</sup>- Billie P.

10<sup>th</sup>- Jean Fisch

12<sup>th</sup>- Laurel S.

14<sup>th</sup>- Patsy G.

26<sup>th</sup>- Don S.

28<sup>th</sup>- Kay N.

31<sup>st</sup>- Carrol C.

### OCTOBER ASSOCIATE BIRTHDAYS

1<sup>st</sup>- Tracee M.

-Ladonna M.

3<sup>rd</sup>- Nicole J.

5<sup>th</sup>- Adrianna O.

6<sup>th</sup>- Wilson D.

9<sup>th</sup>- Said A.

11<sup>th</sup>- Samuel E.

14<sup>th</sup>- Victor M.

- Khushi G.

26<sup>th</sup>- Mischa A.

## LIVE ENTERTAINMENT

3<sup>rd</sup>- The Polka Band

7<sup>th</sup>-John Lewis

9<sup>th</sup>-Brian McCarn

14<sup>th</sup>-Giovanni

16<sup>th</sup>- Patrick Hudson

17<sup>th</sup>-Ethan Uslan

22<sup>nd</sup>-David Shoff

26<sup>th</sup>-John Lewis

28<sup>th</sup>-Jim Ruth

Thursdays with Fred on the piano



## OUTING SCHEDULE

Mondays @ 9:30am- Bank/Pharmacy

Mondays @ 10:30am- Grocery Store

Sundays @ 10:30am-Weddington Methodist Church

4<sup>th</sup>- 8:30am St. Matthews Catholic Church

- 2:00pm Belk in Monroe

5<sup>th</sup>- Lunch at Waldhorn German Restaurant

7<sup>th</sup>- 2:00pm- Walmart

11<sup>th</sup>- 11:30am Lunch at OMB Brewery

-2:00pm Barnes and Noble Bookstore

14<sup>th</sup>-2:00pm Pop Shelf and Dollar Tree

15<sup>th</sup>-Theresa Vintage Singer

18<sup>th</sup>- 11:30- Lunch at Calle Sol Latin Cafe

-2:00pm- Bus to early voting

21<sup>st</sup> -2:00pm- Trader Joe's and Library

25<sup>th</sup>-11:30am- Lunch at Cabo Fish Taco

-2:00pm- Bus to early voting

28<sup>th</sup>-2:00pm- Walmart

## \$5,500 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

## OCTOBER 2024



## WHAT'S HAPPENING THIS MONTH

Happy Fall everyone! Looking forward to cooler weather and some pretty leaves.

The first week of October is Active Aging Week. We will have a "Laps around Waltonwood" contest, fitness testing, and Yoga in the courtyard. Log your laps at the Concierge desk, there is a prize for the resident with the most laps.

October 3<sup>rd</sup> we will have our Octoberfest celebration with the Polka band and a special dinner.

October 4<sup>th</sup> we will have a car show, the blood mobile and a taco bar.

October 14<sup>th</sup> Giovanni will perform for us

October 18<sup>th</sup> and 25<sup>th</sup> we will be running an afternoon bus to our early voting site. Get out to vote!

In our lecture series we are learning about Emotional Intelligence, What makes a great Jewish Leader, Paul Cezanne, and Mary Shelley, the author of Frankenstein. We will replay The Crown Jewels on 10/23.

10/31 We will have trick or treaters and a Halloween social including a costume contest!

We now have BOWLING on Sundays at 3pm in the Fitness Center. Come on y'all!

## 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

**TBA**  
Environmental Services  
Manager





## ASSOCIATE SPOTLIGHT

Kesha is our associate of the month for October! She works primarily in Memory Care as a caregiver and med tech! She has been working at Waltonwood for 9 years. In March she will have been with the company for 10 years. Kesha's favorite thing about working at Waltonwood is taking care of her residents. Outside of work you will catch Kesha shopping at Hobby Lobby. She loves to travel to the beach and mountains. Something people may not know about Kesha is that she has been married for 32 years. Thank you, Kesha, for all you do! We all appreciate you!



## 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.

## OCTOBER HIGHLIGHTS

1st

Active Aging Week

14th

Giovanni is here

18th

Breast Cancer Awareness Day

18/25th

Bus to Early Voting



## SEPTEMBER HIGHLIGHTS

9th

Union Market

21<sup>st</sup>

Nicoleta

23<sup>rd</sup>

Joy Calloway

27th

Getting to Know your Neighbor

## Active Aging Week

Aches, pains, sprains and strains are all just a common part of daily life. How we manage them however can have a much greater impact on our long-term health and wellbeing. Exercise is important, sleep is essential and our bodies are constantly sending us signals and messages that act as a signpost of when we need to move more and when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our self-health a top priority. You are the one true expert on your own body so be attentive, be truthful and listen to the messages that your body is giving you.

## EXECUTIVE DIRECTOR CORNER

Happy Fall Y'all!

We have a lot of exciting things coming up in October. The first week of October is Active Aging week, be sure to participate in some of the fun activities we have planned. We will have a Polka band, a car show and outings such as OMB Brewery and an outing to the pumpkin patch. There will be a bus going for early voting. As you may notice we will be sending out our holiday fund letter in the next week. Make sure to get outside and enjoy the beautiful fall weather while you can.

-John Ficker