



PROVIDENCE CONNECT

DECEMBER 2025



NOVEMBER REFLECTION

December drifts in on a hush of cold air and warm lights, a month where the world feels both quieter and more alive. It's a time of wrapping up the year, gathering close, and savoring small comforts—steaming mugs, soft blankets, and familiar faces. As the days grow short, December reminds us to slow down, reflect, and find brightness wherever it glows. I hope everyone finds joy and happiness and can have some much needed relaxation this holiday season! As always, if you need anything please feel free to reach out via phone or email
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COMMUNITY MANAGEMENT

John Ficker
Executive Director

Jesus Roman
Culinary Services Manager

Bethany DeGennaro
MC Life Enrichment
Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Laura Anton
Business Office Manager

Erin Cotton
Wellness Coordinator

Employees Birthdays

1st-Helen Grace P.
6th-Danielle P.
6th-Aliyah A.
12th-Colonya H.
20th-Marlee N.
23rd-Bobbie H.
25th-Jesus R.
26th-Sebastion R.
27th-Peyton B.
28th-Doris B.

Resident Birthdays

14th-Herb B.
19th-Eileen D.
30th-Steve G.

\$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!

ASSOCIATE SPOTLIGHT: SHAKIA

Congratulations to Shakia, our associate of the month! Shakia is a caregiver in our Memory Care as well as our Assisted Living neighborhoods here at Waltonwood Providence. She is from New York City. She as been a valued associate for 6 months. Her favorite thing about working here is her ability to give back, she also loves her co-workers. Her favorite food is all things seafood, especially crab legs. Something you may not know about her is her love of black and white movies. She dreams of going to Dubai with her children. We are lucky to have you on our team!



NOVEMBER HIGHLIGHTS

11

Veteran’s Day

13

World Kindness Day



17

Backyard Brew

19

Kindness Council
Packing Bags for Food Drive



MORNING MEDITATION

IThe holidays are a wonderful time of the year filled with friends, family, parties and gatherings. It’s also some of the more stressful week on the calendar filled with schedule changes and obligations that pull you from your current routine and into a space that can feel somewhat overwhelming. So, take this a gentle reminder that the holiday stress is normal and OK, in fact use this opportunity to acknowledge it and find positive ways to work through it. How we manage this stress will directly impacts how our bodies and minds feel in the weeks to come. This December try adding a morning meditation to your daily routine. Each morning take some quiet time for yourself to slow the body, calm the mind and allow yourself to connect with how you feel. It could be something as simple as a 5-minute gratitude meditation giving thanks for what you have in your life or something longer like a 10-mintute body scan allowing yourself to acknowledge how you physically feel today. No matter the time or type this daily practice of mindfulness is the perfect was to quiet the stress and connect to the world around you.

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.



DECEMBER SPECIAL EVENTS

5

Nutcracker Ballet

13

Cloggers from
Folk Society

25

Christmas

31

New Years Eve with
John Lewis



Happy Thanksgiving! I hope all take a few moments to remember all we have to be thankful for. As we move into December we will have some fun holiday events. Whether it be caroling, touring the festive lights, or spending time with family and relaxing please take time to remember all we are fortunate to have.

Wishing you a great Holiday Season.

John Ficker