



## MARCH RESIDENT BIRTHDAYS!

• 21st-Ann H.

## MARCH ASSOCIATE BIRTHDAYS!

- 4th-Diara K.
- 4th-Robert S.
- 4th-Rishita T.
- 7th-Miesha R.
- 8th-Cailyn W.
- 15th-Thomas A.
- 15th-Stephanie S.
- 31st-Nadge L.



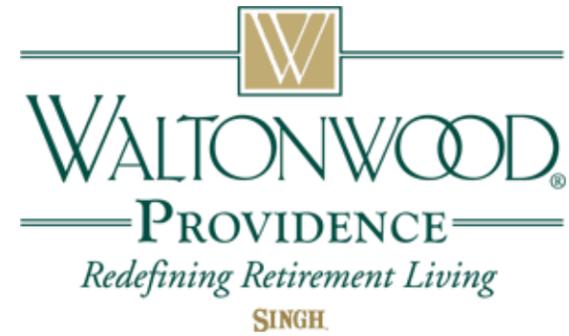
# PROVIDENCE CONNECT

MARCH 2026



## FEBRUARY REFLECTION

Mark your calendars for March 17th from 2–4 PM and join us for our Taste of Waltonwood! In honor of St. Patrick's Day, we'll be serving delicious tastings and featuring live Irish dancers for an afternoon full of culture, celebration, and community spirit. I am excited to see some warmer weather and begin to do programming outside again. If you have any questions or concerns, please come see me or email me at [bethany.degennaro@singhmail.com](mailto:bethany.degennaro@singhmail.com).



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## COMMUNITY MANAGEMENT

**John Ficker**  
 Executive Director

**Laura Anton**  
 Business Office Manager

**Jesus Roman**  
 Culinary Services Manager

**Isaac Harris**  
 Environmental Services Manager

**Bethay DeGennaro**  
 MC Life Enrichment Manager

**Cara Nirenberg**  
 Marketing Manager

**Matt Swaney**  
 Marketing Manager

**Erin Cotton**  
 MC Wellness Coordinator

## \$3,500 RESIDENTIAL 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!



FAMILY & FRIENDS REFERRAL PROGRAM!

## ASSOCIATE SPOTLIGHT:

Thank you to Estella, you are our outstanding associate of the month! Estella comes to us from hometown in Mexico. Her favorite thing about working at Waltonwood is her ability to help the residents. Her favorite dish is Pasta Alfredo. She has 10 siblings. Her favorite vacation was Jerusalem to visit where Jesus was born. The most important thing to Estella is for children to be good Christians. We are lucky to have you!

Your Waltonwood Team



## 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 Mondays and Fridays.

## MARCH SPECIAL EVENTS

**2**

Pancake Day

**12**

Read Across America

**17**

St. Patrick's Day

**25**

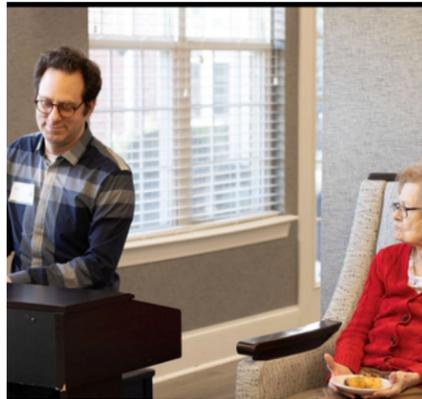
MLB Opening Day



## FEBRUARY HIGHLIGHTS

**4**

Snickers's Day



**11**

Grand Reopening



**12**

Candy Creations



**17**

Random Acts of Kindness Week



## Rest and Recover

We know how important diet and exercise can be on our overall health, but did you know there's a third factor just as crucial. The rest we get, in particular the sleep we get lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing.

## EXECUTIVE DIRECTOR CORNER

As we spring forward for Daylight Savings, we're excited for a month full of celebration and connection at Waltonwood. Join us on March 17 from 2-4 p.m. for our Taste of Waltonwood event. Join us for festive Irish dancers during the week of St. Patrick's Day. Cranfield Academy will also visit for Read Across America during the month of March to share stories with our residents. With the first day of spring arriving on March 20, we're all looking forward to warmer days ahead and a season full of renewal.

John Ficker