

PROVIDENCE CONNECT

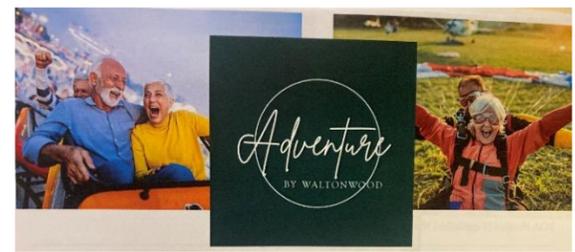
MARCH 2026

As we begin the month of March we begin to see renewal all around us. The days are getting longer, flowers are starting to bloom, and there is a fresh energy in the air. March is a wonderful time to reflect, reset and reconnect with our community.

Download the InTouchLink app today! Stay connected to Waltonwood from the comfort and convenience of your smart device. The code to connect is 113573.



Do you have questions about how to download the app? Please see Blair, Life Enrichment Manager.



Adventure by Waltonwood

At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. Adventure by Waltonwood is a company sponsored program encouraging Waltonwood residents to pursue their life's desire. Whether meeting their great grandchild for the first time, riding in a hot air balloon, hiking a national park, riding in a Corvette or reuniting with their best friend from college, Adventure by Waltonwood is available to support resident ambitions. Contact Blair McCotter for more information.

BIRTHDAYS

- 8th Bob M.
- 11th Chickie S.
- 15th Joyce P.
- 18th Cathy R.
- 26th Juanita J.

ASSOCIATE BIRTHDAYS

- 3rd Jordan Z.
- 3rd Ziyu Z.
- 4th Diara K.
- 4th Rishita B.
- 4th Robert S.
- 6th Jaqueline M.
- 7th Miesha R.
- 8th Cailyn W.
- 15th Stephanie S.
- 15th Thomas A.
- 18th Ashritha M.
- 23rd Martha R.
- 24th Karen O.
- 25th Shawn M.
- 31st Nadege L.

MANAGEMENT

John Ficker
Executive Director

Jesus Roman
Culinary Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Blair McCotter
Life Enrichment Manager

Brittany Hardy
Wellness Coordinator

Issac Harris
Environmental Service Manager

Erin Cotton
Special Care Coordinator

Tina Jones
Resident Care Coordinator

\$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!



Thank you to Estella, you are our outstanding associate of the month! Estella comes to us from 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 to Jerusalem to visit where Jesus was born. The most important thing to Estella is for her children to be good Christians. We are lucky to have you!

Your Waltonwood Team



March Entertainers

FEBRUARY HIGHLIGHTS

06

Olympics Opening Ceremony

11

Ribbon Cutting



9th Music w/ Giovanni

12th Piano with David Scheff

16th Music w/ Brian McCairn

17th Music w/ Theresa Walsh Kelly Irish Dancers

19th Conic School of Irish Dance

27th Music w/ Jim Ruth



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 Fridays. Sign up at the table across from the Concierge desk.

MARCH OUTINGS

06

Poppyseds Bagles

13

Library

20

Outing to Get Spring Rolls

27

CVS



MARCH SPECIAL EVENTS

05

Read Across America

18

March Madness

20

First Day of Spring

25

Major League Baseball Social



Happy Winter!!!! As we venture through the yucky cold and short days of January we can look forward to longer days and warmer weather. We just recently went through an ice storm and I was so proud and appreciative of all the staff who made us successful during this stressful time. Everyone worked hard and together. Glad we all stayed warm! We have some fun and traditional events planned for February. February 8th is Super Bowl Sunday. On February 11th we will give a thank you to all the residents who helped and endured the renovations. We will have some fancy appetizers and entertainment. For all of the caregivers, we will celebrate Caregivers Day and their hard work on February the 20th. I always think a celebration should include food. I have bragged about our deficiency free survey before, but the caregivers are so paramount in ensuring our success. Mardi Gras is February 17th, and we will have an Ash Wednesday service on the 18th. During Lent each Friday we will be offering a seafood/fish dish. So, for a month of cold (I hate), we have some very fun events. As I type this, we are celebrating Activity Professionals Week January 26 – 30. With this in mind I will close this note saying thank you to Bethany, Blair, and Cathy for planning such fun events.

John Ficker

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.