

## LIFE AT PROVIDENCE



### BIRTHDAYS

27<sup>th</sup> Terry M.  
28<sup>th</sup> Bill S.

### ASSOCIATE BIRTHDAYS

2<sup>nd</sup> Paola L.  
12<sup>th</sup> Estela B.  
19<sup>th</sup> Paulette A.  
21<sup>st</sup> SanTaesha G.  
23<sup>rd</sup> Mia S.  
28<sup>th</sup> Jlokendy T.



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.



# PROVIDENCE CONNECT

MAY 2026

As the days grow longer and the warmth of spring settles in, May brings a renewed sense of energy and connection. It's the perfect time to step outside, engage with neighbors, and enjoy all the beauty Waltonwood Providence has to offer.



### 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.



Redefining Retirement Living

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Facebook: /WaltonwoodProvidence

### 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!



FRIENDS & FAMILY REFERRAL PROGRAM!

Congratulations to our Associate of the month, Georgia! You will find her at the concierge desk. She has worked at Waltonwood Providence for 1 and ½ years. She loves interacting with residents and staff. She hails from Jamaica where she found her love for jerk chicken and rice (she also loves Thai food!). She has 3 boys, she loves to sing and one day she wants to experience scuba diving. We are so happy to have you Georgia!



May Entertainers

## 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.

## MAY OUTINGS

<b>01</b>	<b>08</b>	<b>22</b>	<b>29</b>
Popshelf	Harris Teeter	Poppy Seed's Bagels	The Salty



## APRIL HIGHLIGHTS

<b>01</b> Joksters Social	<b>03</b> Easter Egg Hunt
<b>07</b> Drumstick Ice Cream Social	<b>29</b> Knight's Baseball Game



1<sup>st</sup> Music w/ Carol Kelly  
 8<sup>th</sup> Violin w/ Christine  
 11<sup>th</sup> Music w/ Giovanni  
 15<sup>th</sup> Music w/ David Jennings  
 18<sup>th</sup> Music w/ Brian McCarn  
 20<sup>th</sup> Piano w/ Ethan  
 22<sup>nd</sup> Music w/ Jim Ruth  
 27<sup>th</sup> Music w/ John Lewis  
 29<sup>th</sup> Piano w/ Patrick

## MAY SPECIAL EVENTS

<b>04</b> National Firefighters Day	<b>05</b> Cinco de Mayo Social
<b>15</b> Pizza Day	<b>25</b> Memorial Day



## Keep Moving

Weather this time of the year can wreak havoc on our bodies, especially those battling the aches and pains of arthritis. Cool morning and hot humid days can trigger arthritis flare ups that leave even the most active seniors bound to their chairs. The good news is there's something you can do to help ease the discomfort, move! While it may seem counterintuitive getting up and getting moving can actually help keep muscles strong and joints mobile. By incorporating a daily walk, some light resistance training and gentle stretching you can face those arthritis pains head on and come out stronger and feeling better than before.

Well, there haven't been many April showers but we are still seeing May flowers. It is an exciting time as we move into Spring and we have a lot of fun events planned. I do want to keep up with communication and let you know that next week we will be sending out letters with areas where we will focus on after completion of the annual surveys. While this is a very good time to share with us what we can improve on and what we are doing well. As always, I encourage all not to wait to communicate any of this. One of the fun events we have coming up is Camp Waltonwood. This is an intergenerational event. It is happening June 27<sup>th</sup> from 11-1. Please call to make a reservation. As always, I want to thank you for making Waltonwood your home. Take walks, have talks, and let's have a great Spring! John