



Employees Birthdays
1st-Karina A.
2nd-Brittany H.
9th-Veronica G.
14th-Jill C.
19th-Tracey T.
21st-Natasha C.
24th-Colene C.
26th-Eula C.
26th-Ziyu Z.
30th-Samantha H.



\$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!

PROVIDENCE CONNECT

SEPTEMBER 2026



AUGUST REFLECTION

As August comes to a close, we welcome the fresh start that September brings! 🍁 A new month brings new opportunities, new memories, and plenty of reasons to smile. We look forward to enjoying the changing season and all the special moments September has in store for us!. As always, if you need anything please feel free to reach out via phone or email bethany.degennaro@singhmail.com



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COMMUNITY MANAGEMENT

Jesus Roman
Culinary Services Manager

Bethany DeGennaro
MC Life Enrichment Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Tammie Weston
Business Office Manager

Jahmila Hay
Memory Care Wellness Coordinator

ASSOCIATE SPOTLIGHT:

Congratulations to Karina our Waltonwood Associate of the Month! Karina is from Nicaragua. She has been with us for 2 and ½ years. She loves her job here, mostly she loves taking care of people and connecting with others. She has one daughter whom also works with Waltonwood in our Dining Room. Her dream is to go back to school to further her education. Thank you Karina for your hard work, we are lucky to have you on out team!



AUGUST HIGHLIGHTS

10
North Italia

9-15
Elvis Week

24
Amelie's

27
Family Night



Strength & Balance

September is Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

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.



SEPTEMBER SPECIAL EVENTS

7
Labor Day

11
Greek Festival

14
Neon Day

22
First Day of Fall



Happy September,

September is a month of transition. The days begin to shorten, the air becomes a little cooler, and we slowly trade the long days of summer for the warmth and beauty of fall. It is also a wonderful time to pause and reflect on the people and experiences that have shaped who we are.

This month, we are especially excited to celebrate National Assisted Living Week, September 13–19! We have a fun-filled week planned with delicious food, exciting activities, entertainment, laughter, and plenty of opportunities to celebrate our incredible residents and the people who make Waltonwood Providence such a special place to call home.

We look forward to celebrating the week together and creating wonderful memories along the way!

Sincerely,
Jeff Plummer
Regional Director of Operations