

Resident Birthdays
10th-Dorinda R.
14th-Pat V.
17th-Barbra S.











$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

NOVEMBER 2026



THINGS TO LOOK FORWARD TO IN NOVEMBER

November football is here, bringing cooler temperatures, crisp fall air, and the perfect excuse to bundle up and cheer on your favorite team! 🍂🏈 From cozy sweatshirts and hot drinks to exciting game days and fall traditions, there's nothing quite like football season in November. Grab your layers, embrace the chilly weather, and enjoy all the excitement that makes this time of year so special! We're also excited to welcome Meghan Rona as our new Executive Director! We look forward to this new chapter and all that's ahead. Wishing everyone a happy Thanksgiving filled with warmth, joy, and time spent with loved
As always, if you need anything please feel free to reach out via phone or email
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COMMMUNITY MANAGEMENT

Meghan Ruona
Executive Director

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 Cordinator

ASSOCIATE SPOTLIGHT:

Congratulations to Ciria, our November Associate of the Month. Ciria has been a part of the Culinary department as a dishwasher for just over a year. Ciria comes from Acapulco, Mexico and has two children, a boy and girl. Something you may not know about Ciria is that she raises chickens and loves taking care of her baby chicks. Her dream is to one day own a ranch in Mexico. Ciria loves her job at Waltonwood and being part of the culinary team. Thanks for all that you do, we are lucky to have you.



OCTOBER HIGHLIGHTS

1
Magic Kingdom Day

6
That's Italian Tuesday

22
Candy Creations

23
Outing to Pumpkin Patch









Strong Body & Sound Mind

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.

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.



NOVEMBER SPECIAL EVENTS

5
Donut Day

11
Veteran's Day

13
World Kindness Day

26
Thanksgiving



We are excited to welcome **Meghan Ruona** as our new Executive Director! Meghan joins our family from Charlotte Memory Care and Assisted Living, bringing her experience, passion, and dedication to serving seniors. She is thrilled to be part of our team, and we are just as excited to have her!
Please join us in giving Meghan a warm welcome. We look forward to all the wonderful things ahead with her leadership. Welcome to the family, Meghan