



## CHEF'S COOKING DEMONSTRATIONS

06

Enjoy fresh grilled naan with dahl, hummus, and yogurt dip as an appetizer at the breakfast bar!

20

Whet your appetite with creamy artichoke soup and grilled artichoke garnish presented tableside.

12

Treat yourself to strawberries, blueberries, and blackberries flambéed with bourbon and served over housemade vanilla ice cream.

27

Satisfy your taste buds with a pan seared salmon and House Caesar salad prepared in the dining room.

## CHEF'S SIGNATURE RECIPE: Pork Dumplings

1/2 cup soy sauce  
1 tbs seasoned rice vinegar  
1 tbs finely chopped Chinese chives  
1 tbs sesame seeds  
1 tsp chile-garlic sauce (ex: Sriracha)  
1 lb ground pork  
3 cloves garlic, minced

1 egg, beaten  
2 tbs finely chopped green onion  
2 tbs soy sauce  
1-1/2 tbs sesame oil  
1 tbs minced fresh ginger  
50 dumpling wrappers  
1 cup vegetable oil for frying  
1 qt water or more as needed

Combine 1/2 cup soy sauce, rice vinegar, 1 tablespoon chives, sesame seeds, and chile sauce in a small bowl. Set aside.

Mix pork, garlic, egg, 2 tablespoons chives, soy sauce, sesame oil, and ginger in a large bowl until thoroughly combined. Place a dumpling wrapper on a lightly floured work surface and spoon about 1 tablespoon of the filling in the middle. Wet the edge with a little water and crimp together forming small pleats to seal the dumpling. Repeat with remaining dumpling wrappers and filling.

Heat 1 to 2 tablespoons vegetable oil in a large skillet over medium-high heat. Place 8 to 10 dumplings in the pan and cook until browned, about 2 minutes per side. Pour in 1 cup of water, cover and cook until the dumplings are tender and the pork is cooked through, about 5 minutes. Repeat for remaining dumplings. Serve with soy sauce mixture for dipping.

## Celebrating Birthdays in February

13<sup>th</sup> - Peggy Brown

15<sup>th</sup> - Doris Bush

18<sup>th</sup> - Anne Lay

22<sup>nd</sup> - Patricia Lynn



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$1,000 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!

# LAKE BOONE CONNECT

FEBRUARY 2019



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## COMMUNITY MANAGEMENT

**Allison O'Shea**  
Executive Director

**Katie MacGilvray**  
Business Office Manager

**Bryan Minton**  
Culinary Services Manager

**John Carr**  
Environmental Services Manager

**Lauren Higdon**  
Independent Living Manager

**Shelly Levin**  
Life Enrichment Manager

**Richard Hiatt**  
Marketing Manager

**Gail Honeycutt**  
Marketing Manager

**Ellen Jones**  
Resident Care Manager



## Season of Love

February is famous for Valentine's Day and its celebration of romantic love on the 14<sup>th</sup> day of the month. How many of us have bought cards, chocolates, and flowers as gifts for our significant other in acknowledgement of the day? Or written heartfelt notes and performed sweet and sincere acts of service? This year, let's consider the possibility of extending this outpouring of love beyond a single day. Perhaps rather than a Day of Love, it can become a Season of Love.

Now let's take it a step further, and consider extending this love beyond the romantic kind. What if we celebrated our newly designated Season of Love by acknowledging all of the important people

we love in our lives and declaring our love for them? Namely, our families, children, friends, and neighbors because for many of us, those are the most important relationships in our lives.

Another important relationship is the one we have with ourselves. Unfortunately for many, self-love is often overlooked and neglected even though it is a crucial part of true wellness and our contributions in this world. In this Season of Love, let's not only love others, but let's extend and declare this same love, grace, and forgiveness to ourselves. Because "you yourself, as much as anybody in the entire universe, deserve your love and affection."

Love, Your Waltonwood Family

## ASSOCIATE SPOTLIGHT

Michael Clegg grew up with personal and professional experiences with older adults. His passion for caregiving and helping others drove him to pursue work in the senior living industry. Michael says, "I love taking the time to get to know our Waltonwood residents. It is an absolute privilege to serve this community! I'm grateful every day I come to work." Being a jack of all trades, he also holds degrees in Criminal Justice and Business Administration, and is currently pursuing his Master's degree in Parks, Recreation, and Tourism. He is a busy man, but in his free time, he enjoys NASCAR, music, and history.

Michael's title may be 3<sup>rd</sup> shift Concierge, but he wears the hats of many! While we're sleeping between the hours of 11 p.m.-7 a.m., Michael not only mans the front desk, but he acts as Administrative Assistant, Security, Custodian, Maintenance, and Emergency Response. His hard work and boundless energy help keep our community safe, organized, and secure; we are all lucky to have him at Lake Boone!



## JANUARY HIGHLIGHTS

04

The **White Elephant Party** was so much fun, you'll see it on the calendar again soon!

07

We doubled the fun with a trip to the **Our Body** exhibit followed by lunch at **Macaroni Grill**.

24

We celebrated our **Grand Opening** with a reception to remember!

31

Singer **Ye Feng** helped us kick off the Chinese New Year with her performance!



## WELLNESS AT WALTONWOOD

Wellness encompasses good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being and we are here to help you do just that. Your monthly Life Enrichment calendar will always offer experiences to fulfill not only physical and mental aspects of wellness, but also the intellectual, spiritual, emotional, social, and environmental dimensions.

Remember that wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life. We hope you will join us as we conquer 2019 with the goal of achieving and maintaining wellness!

## TRANSPORTATION INFORMATION

February will include numerous exciting experiences outside of the community! In addition to the sampling of excursions listed below, please remember we schedule weekly grocery shopping trips as well. Please take a look at the Outings binder located with the Concierge so you can sign up to attend and see what else is in store for you!

**Friday, 2/1**- The North Carolina Symphony presents **Tchaikovsky's Serenade for Strings**.

**Friday, 2/15**- **The Music of Whitney Houston** presented by the North Carolina Symphony and vocal powerhouse, Rashidra Scott.

**Sunday, 2/17**- Let's see the very popular **Mamma Mia!** at the Duke Energy Center!

**Friday, 2/22**- Take a tour of **LTD Replacements** followed by lunch at **Cracker Barrel!**

**Saturday, 2/22**- The North Carolina Symphony presents world renowned pianist **Rachmaninoff**.

## FEBRUARY SPECIAL EVENTS

03

Cheer for your favorite NFL team while we watch **Super Bowl LIII!**

05

Celebrate the **Chinese New Year** with a unique dinner!

14

Happy Valentine's Day! Join us for a **"Lovely" Happy Hour!**

17

Time for a scrumptious Sunday **Sweetheart Brunch!**



## EXECUTIVE DIRECTOR CORNER

We are starting 2019 off with a bang! Our long-awaited Grand Opening Gala was held on Thursday, January 24<sup>th</sup>, and to describe it as successful would be an understatement. We welcomed over 400 attendees who had been eagerly awaiting an opportunity to see our magnificent community. Our guests included professionals in the Senior Living industry, as well as potential future residents. We expect this grand event to bring you many new neighbors!

Pulling off such a grand affair was no easy undertaking and we were fortunate to receive support and extra hands from our Waltonwood families near and far. Our own Lake Boone team also pulled together in the remarkable way that we do to ensure every detail was planned and executed beautifully! We are beyond grateful to everyone who stepped in, and that includes YOU. Our most important thank you is to our residents for opening up your homes and welcoming such a large crowd. We hope you were able to enjoy the food, entertainment, guests, and your gorgeous corsages and boutonnieres! We are thankful to have you in our Waltonwood family!

-Allison O'Shea, Executive Director