



## Celebrating Birthdays in May

17<sup>th</sup>- Jane Dwyer  
17<sup>th</sup>- Gail Vaughan-Purdie  
18<sup>th</sup>- Eva Whitt



FRIENDS & FAMILY REFERRAL PROGRAM!

## CHEF'S ACTION STATIONS

08

Build your own baked potato with any or all of your favorite toppings from the every day to the gourmet!

23

Choose cheese & toppings for your perfect grilled cheese! Served with our tasty tomato soup.

14

Enjoy a classic Caesar salad prepared in the Magnolia Dining Room with your salmon grilled to order!

29

Ripe, first of the season peaches flambéed with spiced rum, brown sugar, and cinnamon. Enjoy it with our housemade vanilla ice cream!

## CHEF'S SIGNATURE RECIPE

### Grilled Peach and Country Ham Panini

- 8 ciabatta bread slices (or any firm, white bread)
- 4 tsps coarse-grained Dijon mustard
- Freshly ground pepper
- 4 (1-oz.) fontina cheese slices
- 4 oz thinly sliced country ham, prosciutto, or Serrano ham
- 2 medium peaches (about 3/4 lb.), unpeeled and sliced
- 4 tsps honey (optional)
- 1 tbs extra virgin olive oil

**Step 1:** Spread all 4 bread slices with 1 tsp. mustard and sprinkle with desired amount of freshly ground pepper. Layer with cheese, ham, peaches, and, if desired, honey. Top with remaining bread slices and press together gently. Brush sandwiches with olive oil.

**Step 2:** Cook sandwiches, in batches, in a preheated panini press 3 to 4 minutes or until golden brown and cheese is melted. (Or use a preheated nonstick grill pan, and cook sandwiches over medium heat 3 to 4 minutes on each side.) Serve immediately.

## \$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

MAY 2019



*In celebration of the moms and mother figures we honor this month, here are a few of our favorite quotes:*

The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.  
*Honoré de Balzac*

When your mother asks, 'Do you want a piece of advice?' it's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway.  
*Erma Bombeck*

Biology is the least of what makes someone a mother.  
*Oprah Winfrey*

If evolution really works, how come mothers only have two hands?  
*Milton Berle*

There is an instinct in a woman to love most her own child- and an instinct to make any child who needs her love, her own.  
*Robert Brault*

The most remarkable thing about my mother is that for thirty years, she served the family nothing but leftovers. The original meal has never been found.  
*Calvin Trillin*

My mother's menu consisted of two choices: take it or leave it.  
*Buddy Hackett*

Mothers and their children are in a category all their own. There's no bond so strong in the entire world. No love so instantaneous and forgiving.  
*Gail Tsukiyama*



SINGH

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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



MAY 2019

## ASSOCIATE SPOTLIGHT

Brittany Legg’s official title is Dining Room Supervisor. Her primary responsibilities include supervising Culinary associates, ensuring there is cleanliness, order, and proper set up, and anticipating the needs of residents. She is hard-working and dedicated, and goes out of her way to accomplish anything that will help our community. In fact, the most rewarding aspect of her role is to witness meals and events come together after the hard work and planning, and knowing she played a part in making residents and families happy. Chef Bryan describes her as an amazing person and inspiring leader, and “no matter what the situation, she figures it out and gets it done.” Brittany has a 3-year old son and a 5 month old daughter. Her motto is “If you aren’t willing to keep looking for light in the darkest of places without stopping, even when it seems impossible, you will never succeed.” We are so lucky to have her expertise, leadership, and commitment here at Lake Boone!



## APRIL HIGHLIGHTS

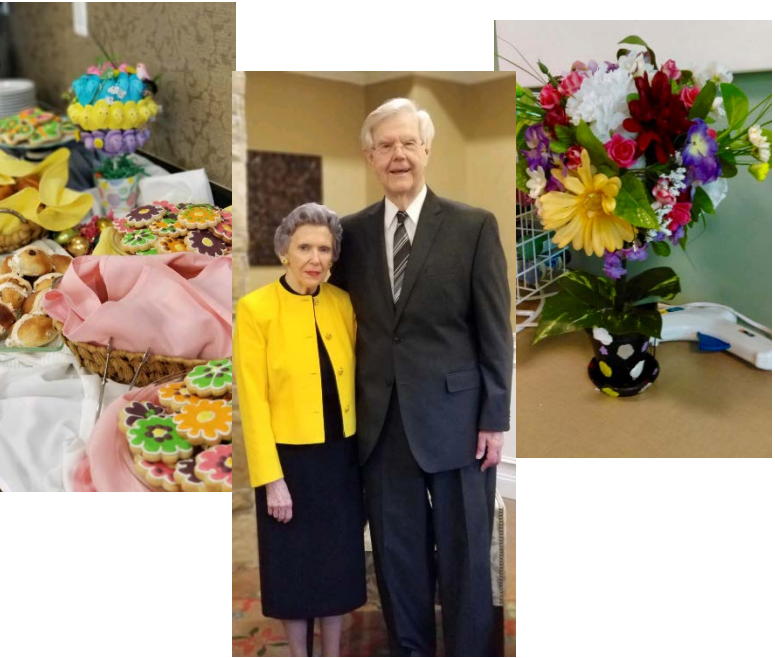
- 03

Wii Bowling Kick Off Tournament of the Knights and Dames!
- 10

Craftapalooza Topiaries were beautifully handmade!
- 21

We celebrated Easter with a delicious brunch and egg hunt!
- 27

Make a Blanket Day to honor and serve Project Linus!



## WELLNESS AT WALTONWOOD



Walking is a fantastic way to stay fit! Join our **Forever Fit Walking Club** for great company and conversations while getting exercise! We walk at a steady, easy pace inside and outside the building with intermittent fitness stations such as wall push-ups, squats, and dips led by our Forever Fit Trainer. The Walking Club meets on Tuesdays at 2:30 pm, Thursdays at 9:30 am, and Fridays at 2:30 pm. We hope to see you there!

## TRANSPORTATION INFORMATION

May will include numerous exciting experiences outside of the community! In addition to the excursions listed below, please remember weekly grocery shopping trips are included 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, May 3<sup>rd</sup>:

Murder for Two at Raleigh Memorial Theatre
- Saturday, May 11<sup>th</sup>:

Pink Martini Symphony Trip
- Wednesdays:

Scenic drives to see the flowers blooming at Governor's Mansion, WRAL gardens, and historic neighborhoods.

## MAY SPECIAL EVENTS

Camp Waltonwood will be on Saturday, June 8<sup>th</sup>...Save the Date!

- 02

Derby Day with Bayada! Wear your custom made Derby hat and let’s watch the event on the big screen!
- 05

Enjoy a festive Cinco de Mayo dinner with piano entertainment from Christian!
- 08

The Fairy Hair stylist is coming back! Add shimmery strands to your hair!
- 12

Let’s honor all mothers and maternal figures with a special Mother’s Day brunch.



## EXECUTIVE DIRECTOR CORNER

Mother’s Day is a very special day to honor the women in our lives who have shaped and inspired us. I have been blessed with very strong women in my family who have guided me and demonstrated what an honor it is to be a woman. Now that I have my own daughter, I hope I can pass those same values on to her. Have you ever thought about the history of Mother’s Day? Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans. They held festivals in honor of the mother goddesses, Rhea and Cybele, but the clearest modern precedent for Mother’s Day is the early Christian festival known as “Mothering Sunday”. Over time, the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually diminished in popularity before merging with the American Mother’s Day in the 1930s and 1940s. Mother figures come in many different forms, and in the month of May, we celebrate the love, appreciation, and respect we have for those women who took on that role in our lives. Happy Mother’s Day!

-Allison O’Shea, Executive Director