



Celebrating Birthdays in July

7th- Janet Groomer
7th- Gene Hester
15th- Sylvia Redwine
17th- Carline Pilkington



CHEF'S ACTION STATIONS

04

How about a hot dog bar for dinner? Build your own colossal hot dog with all of your favorite toppings. Served with housemade chips.

18

Build your own gourmet grilled cheese sandwich! Choose your cheese & toppings for the perfect complement to our housemade tomato soup!

11

Top the already delicious classic Caesar salad with fresh shrimp sautéed right in the Dining Room!

25

Finish your evening meal with ripe, first of the season peaches flambéed with spiced rum, brown sugar, and cinnamon served with housemade vanilla ice cream!

CHEF'S SIGNATURE RECIPE

Buzzed Cherry Bombs

Ingredients

One (ten ounce) jar maraschino cherries
1 cup vanilla vodka
1 cup melted vanilla chips (you can also use white chocolate or candy melts)
1/2 cup blue sugar sprinkles

Instructions

Drain juice from cherries. Pour vodka over cherries in jar. Let sit 12-48 hours. Gently pat cherries dry. Dip in melted chips. Dip in sprinkles. Place on wax paper covered baking sheet to set. Serve within 24 hours.

Notes

The longer your cherries soak, the stronger the taste of alcohol.

LAKE BOONE CONNECT

JULY 2019



The History of Independence Day

The 4th of July has been a federal holiday in the USA since 1941. When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical. By the middle of the following year, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments. On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence. Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man Committee to draft a formal statement justifying the break with Great Britain.

On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding generations, as the great anniversary Festival", and that the celebration should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on, the 4th became the day that was celebrated as the birth of American independence!

Credit: History.com



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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!

ASSOCIATE SPOTLIGHT

Cierra is one of our fabulous caregivers who was born and raised in NC. She has a cat named Fiona and is the only girl in her family. There are 17 years between her and her youngest brother. She has lived in TX, NY & TN but calls NC home. Prior to Waltonwood, she was a lead supervisor at Sunrise in Cary and worked part time on the orthopedics and oncology unit at Wake Med Raleigh. She also has experience working with adults who have developmental disabilities and traumatic brain injuries. Cierra is a ray of sunshine to all those who meet her and when asked what she loves about WLB, she will tell you it is the sense of being family here. It’s a place where she feels appreciated and the environment is welcoming. One of the many things she enjoys about her job is that every day she is privileged to work with residents who are always keeping her on her toes and bringing her joy. She knows there will be something to brighten her day every shift. She loves sushi, bacon, & the city of Raleigh! If she is not at work you might find her either at Morgan Street food hall, the NCMA for exhibitions, or hosting family game night at her house.



JUNE HIGHLIGHTS

08 14

Our 1st ever intergenerational Camp Waltonwood was a huge success!

Our Canvas Art Pour led to beautiful and Colorful creations!



17 21

In addition to the Father's Day Brunch, Dads Deserve Donuts was a special treat!

We visited King's Bowling Alley for a fun outing!



WELLNESS AT WALTONWOOD

Healthy hydration habits are important any time of the year, but they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age, the water content in our bodies naturally decreases, our sensation of thirst diminishes, and the side effects of certain medications can greatly increase the risk for serious dehydration. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and fit in the months to come. For example, ensuring there are always fluids nearby to drink throughout the day, eating plenty of fruit and vegetables like cucumber or watermelon, and avoiding strenuous outdoor activities during the peak hours of the afternoon can all help to keep us safe and hydrated during the dog days of summer.

TRANSPORTATION INFORMATION

July 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!

Monday, July 1st- Trip to the Farmer’s Market

Saturday, July 13th- Shopping at Hamricks

Monday, July 15th- Glen Miller Band Concert

Friday, July 19th- Lunch outing to Lafayette Village

Saturday, July 20th- Ice Cream outing

Monday, July 22nd- Craft Store shopping

Saturday, July 27th- “Annie” at the Raleigh

Memorial Theatre

Monday, July 29th- Shopping at Kohl’s

JULY SPECIAL EVENTS

12 14

Part 2 of the beautiful Canvas Art Pour!

Join other independent residents for a sing-a-long in the Asheville neighborhood (2nd floor of Assisted Living)!

18 24

Part 2 of “Dementia 101” with Allison.

Join the Bayada team for a Beach Throwdown in the Trunk Club!



EXECUTIVE DIRECTOR CORNER

In June we had our first ever Camp Waltonwood! Camp Waltonwood will be an annual event for kids of those who live and work in our community. It was such a pleasure to see children, grandchildren, and great grandchildren enjoying time together doing camp related activities. Some of the fun included interacting with exotic birds, making rain sticks, and eating s'mores! Thank you to our Culinary team who provided a kid friendly and tasty lunch and another big thank you to our Life Enrichment Team, who helped make the event a grand success in spite of the rainy weather! My children were two of the lucky ones who participated, and after it ended, said, "We can't wait for next year!" So, see you next year at Camp Waltonwood!

-Allison O’Shea, Executive Director

