

LAKE BOONE CONNECT

JULY 2019

CHEF'S COOKING DEMONSTRATIONS

03

Hot Dog Bar

Lunch in MC

04

Dinner in AL

10

Blackened Shrimp Caesar

Lunch in MC

11

Dinner in AL

17

Gourmet Grill Cheese & Tomato Soup

Lunch in MC

18

Dinner in AL

24

Spiced Rum Flambéed Peaches

Lunch in MC

25

Dinner in AL

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 alcohol taste in them will be

Celebrating Birthdays in July

- 5th- Harleen Dickinson
- 10th- Louise Powell
- 24th- Charlotte Churchill



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!



Independence Day

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right." -Peter Marshall.

"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him." - Abraham Lincoln

"One flag, one land, one heart, one hand, one nation evermore!" - Oliver Wendell Holmes

"I believe in America because we have great dreams, and because we have the opportunity to make those dreams come true." -Wendell L. Wilkie

"America lives in the heart of every man everywhere who wishes to find a region where he will be free to work out his destiny as he chooses." -Woodrow Wilson

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are Life, Liberty and the pursuit of Happiness." - The Declaration of Independence

COMMUNITY MANAGEMENT

Allison O'Shea
Executive Director

Katie MacGilvray
Business Office Manager

Bryan Minton
Culinary Services Manager

John Carr
Environmental Services Manager

Samantha Toms
Life Enrichment Manager
Memory Care

Laura Gremore
Life Enrichment Manager
Assisted Living

Richard Hiatt
Marketing Manager

Gail Honeycutt
Marketing Manager

Ellen Jones
Resident Care Manager

Takisha Craven
Wellness Coordinator
Memory Care

Sharon Staten
Wellness Coordinator
Assisted Living

ASSOCIATE SPOTLIGHT

Cierra is one of our fabulous care givers who was born and raised in NC . She has a cat named Fiona and is the only girl in her family. There is 17 years between her youngest brother. She has lived in a few places (Tx, NY & TN) but calls NC home. Prior to coming 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. 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 you on your toes and bringing her joy. She knows there will be something to brighten her day every shift. She loves sushi, bacon and the city of Raleigh! If she is not at work you might find her either at Morgan street food hall, at the museum of art for exhibitions or hosting family game night at her house. Her life moto is “your team is only as strong as your weakest player.”



JUNE HIGHLIGHTS

08

Camp Waltonwood!

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Visited Holy Name of Jesus Catherdal



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Virtual Reality to Italy

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Fathers’s Day Brunch



TRANSPORTATION INFORMATION

- Please make sure to schedule transportation for doctors appointments two weeks prior to your appointment. Our transportation days for appointments are on Tuesdays and Thursdays.
- Every Wednesday will be will taking a scenic drive around various areas of Raleigh.

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Virtual Reality to France



14

Resident Sing Along (AL Grove Café)

17

Visiting the Sunflower Fields at Dix Park

Healthy Hydration

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 certain medications can greatly increase the risk for serious dehydration in seniors. 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. Making sure there’s always fluids nearby to drink throughout the day, eating plenty of fruit and vegetables like cucumber and 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.

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!!

