



Celebrating Birthdays in August

6th- Glenn Barefoot

23rd- Edith Shelden

31st- Doyle Long



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S ACTION STATIONS

08

Enjoy a fan favorite for dinner: sautéed fresh NC shrimp with peppers, onion, and bacon over creamy stone ground grits.

15

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

22

Strawberries, bluberries, and blackberries flambéed with bourbon and served over housemade vanilla ice cream. A delicious dessert!

29

Enjoy a classic creamy mac and cheese bar sautéed to order with a variety of cheeses and tantalizing toppings!

CHEF'S SIGNATURE RECIPE

LOBSTER ROLL

- Kosher salt
 - Three (3) 1-1/4-pound live lobsters
 - 1 celery stalk, finely chopped
 - 2 tablespoons fresh lemon juice
 - 1 tablespoon chopped fresh chives
 - 2–3 tablespoons mayonnaise
 - Freshly ground black pepper
 - 6 New England–style split-top hot dog buns
 - 2 tablespoons unsalted butter, room temperature
- Pour water into a large pot to a depth of 1 inch; bring to a boil and salt generously. Add lobsters, cover, and cook until bright red, 8–10 minutes. Transfer lobsters to a rimmed baking sheet and let cool.
 - Crack lobster shells, pick meat from tail and claws, and cut into 1/2-inch pieces. Mix lobster, celery, lemon juice, chives, and 2 tablespoons mayonnaise in a medium bowl; season with salt and pepper and add more mayonnaise, if desired.
 - Heat a large skillet over medium heat. Spread flat sides of buns with butter. Cook until golden, about 2 minutes per side; fill with lobster mixture.

\$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

AUGUST 2019



A North Carolina summer means heat and humidity! But it also means fresh watermelon, laughing children and grandchildren enjoying a break from school, vacations, ice cream, the beach, and so much more. In this last month of summer, let's reminisce about summertime memories...

Margaret Carter remembers visiting the Oceana Motel at Atlantic Beach every summer for 50 years! She and her husband would take their 2 children and spend about 4 days (because after 4 days of beach and sunburn, everyone was done!). As a family, they would enjoy dining at the Sanitary Seafood Market restaurant, and as a special treat and tradition, Margaret would buy each child a t-shirt as a souvenir from their trips. As a little girl, **Carline Pilkington** dreamed of travelling to Switzerland (to hear them yodel), Holland (to check out the children in those wooden shoes), and Hawaii (to

(see the hula dancing in grass skirts, of course). Lucky for her, she later married a man who loved to travel, and together they visited all of the places she dreamed about! One summer, they even travelled cross country all the way to Washington State! In middle school, **Doyle Long's** family would spend summertime in their house at Kitty Hawk called The Lewiston. When she reached high school age, she was allowed to bring her friends to stay with her to enjoy the beach house. Doyle and her friends may or may not have been caught drinking wine on the beach under the watchful eye of her mom and older sister.

As a mom many years later, Doyle, her husband, Joe, and their kids were able to enjoy a cottage on the Chowan River, and essentially raised their kids there every summer weekend. What are your summertime memories?



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ASSOCIATE SPOTLIGHT

Kianna is one of our amazing caregivers who always has a smile on her face! She has been a CNA since December 2018. Before her employment here, Kianna used to work in an Assisted Living facility called Eagle's Pointe in Goldsboro. Kianna was born and raised in Goldsboro and just recently relocated to Raleigh.

She loves that Waltonwood Lake Boone is family focused. Kianna enjoys getting to meet great co-workers and taking care of residents. In her spare time, some of her hobbies include going shopping and visiting family in Goldsboro. Her family is huge and consists of 13 aunts, 2 uncles, and countless cousins. She absolutely adores her 7-year old niece and describes her as her best friend.

Kianna has a goal of becoming a lawyer one day. She is currently a junior at North Carolina Central University majoring in pre-law. The residents, families, and team are all happy that Kianna is a part of the Waltonwood Lake Boone family!



JULY HIGHLIGHTS

12

Our Resident Care Manager taught us a technique for Canvas Art Pouring!

15

Glenn Miller Band performance at Meymandi Hall was a great time!

17

Spontaneous ice cream dessert outing to Fresh!

27

Our Executive Director and her daughter joined us for a performance of "Annie"!



WELLNESS AT WALTONWOOD

Stop and Listen

Aches, pains, sprains, and strains are all just a common part of daily life. How we manage them, however, can have a much greater impact on our long-term health and well-being. Exercise is important and sleep is essential. Our bodies are constantly sending us signals and messages that act as a signpost for when we need to move more and when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our self-health a top priority. You are the one true expert on your own body so be attentive, be truthful, and listen to the messages that your body is giving you.

TRANSPORTATION INFORMATION

August 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, August 9th- Wake Forest Museum and Historical Home Tour

Saturday, August 10th- Planetarium: Greek Myths and Family Legends

Sunday, August 11th- Pullen Park Picnic

Saturday, August 17th- Rudy Theatre in Selma - Country Jubilee Show

Sunday, August 18th- Kennedy Hall movie showing of "Bridges"

Friday, August 30th- NC State Museum Library Tour

AUGUST SPECIAL EVENTS

05

Experience skydiving through Virtual Reality!

06

Our talented Environmental Services Manager, John, will teach a Leather Crafting class!

20

Mobile Boutique will visit the community and show off their summer fashions!

31

Time for football!!! Enjoy NCSU vs ECU on the big screen with a fun food spread from Chef Tyler!



EXECUTIVE DIRECTOR CORNER

It is reported that over 5.3 million Americans are living with Alzheimer's or a related dementia. For many of us, dementia has impacted loved ones. Now that we have opened our doors and welcomed neighbors in Assisted Living and Memory Care, we see the effects of dementia on a daily basis here at Waltonwood Lake Boone. We support not only our residents who have been diagnosed, but also their families who are experiencing the effects of these terrible diseases in their loved ones. This year and in the years to come, Waltonwood Senior Living will be participating in the Dementia Alliance of North Carolina's "Triangle Festival of Hope and Walk to De-Feet Dementia".

The walk will be **Saturday, September 21, 2019 at 9:30 a.m. at Knightdale Station Park, 810 N First Ave., Knightdale, NC.** Please join our team at www.classy.org/team/241164 and look for fundraising opportunities in the near future. We hope you will help us support this very worthy cause!

-Allison O'Shea, Executive Director