



## Celebrating Birthdays in September

- 1<sup>st</sup>: Bill Rouse



FRIENDS & FAMILY REFERRAL PROGRAM!

## CHEF'S COOKING DEMONSTRATIONS

04

**Salmon Caesar Salad**  
Lunch in MC      Lunch in AL

05

11

**American Hot Dogs**  
Lunch in MC      Lunch in AL

12

18

**Flambéed Bourbon Berries**  
Lunch in MC      Lunch in AL

19

25

**Grilled Cheese & Tomato Soup**  
Lunch in MC      Lunch in AL

26

## CHEF'S SIGNATURE RECIPE

### Apple Pie Cupcakes

#### Ingredients

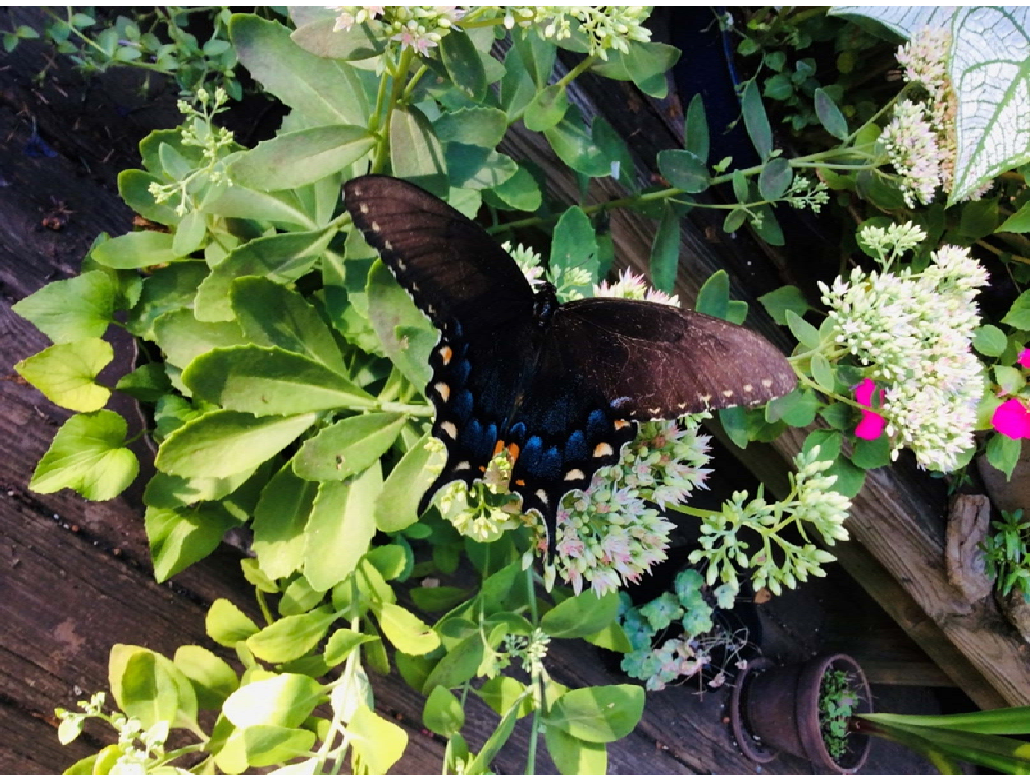
- 1 package yellow cake mix (regular size)
- 2 tablespoons butter
- 4 medium tart apples, peeled and finely chopped (about 4 cups)
- 3/4 cup packed brown sugar
- 1 tablespoon cornstarch
- 1 tablespoon water
- **FROSTING:**
- 1 cup butter, softened
- 3 cups confectioners' sugar
- 2 tablespoons heavy whipping cream
- 1 teaspoon vanilla extract
- 1-1/2 teaspoons ground cinnamon
- Thinly sliced apples, optional

#### Directions

- **1.** Prepare and bake cake mix according to package directions for cupcakes.
- **2.** In a large skillet, heat butter over medium heat. Add apples and brown sugar; cook and stir until apples are tender, 10-12 minutes. In a small bowl, mix cornstarch and water until smooth; stir into pan. Bring to a boil; cook and stir until thickened, 1-2 minutes. Remove from heat; cool completely.
- **3.** Using a paring knife, cut a 1-in.-wide cone-shaped piece from top of each cupcake; discard removed portion. Fill cavity with apple mixture.
- **4.** In a large bowl, combine all frosting ingredients; beat until smooth. Frost cupcakes. If desired, top with apple slices to serve.

# LAKE BOONE CONNECT

SEPTEMBER 2019



## September

### Symbols of September

- Birthstone: Sapphire
- Flower: Aster
- Zodiac Signs: Virgo and Libra

### Facts

- First month of Autumn
- Constitution week
- College and professional football begin!
- September in northern hemisphere is similar to march in the southern hemisphere.

### History

7<sup>th</sup> months on the Roman Calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.

When the British changed from the Julian calendar to the Gregorian calendar in 1752, they needed to adjust some days to align with the seasons. They took 11 days away in September. Now it's as if the days between September 3<sup>rd</sup>- 13 during 1752 never happened in British History.



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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

**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

## \$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

Justin Badger is one of our super servers here at Waltonwood Lake Boone! Prior to joining us at Waltonwood, he worked at UPS and at the Umstead Hotel & Spa delivering food to rooms and supervising their Housekeeping department. Justin is a Raleigh native, born and raised. At Waltonwood, he is well known for being an amazing server who is always smiling and going above and beyond for the residents and his team. He has also started school to obtain his bartender’s license, and looks forward to putting that newfound skill to use. Justin appreciates the teamwork within his department and loves the residents he has the pleasure of serving. In addition to his hard work on the job, he is the dad of a 7-yr old daughter and has a baby boy due the end of this month! Justin’s motto is “If you do it right the first time, you don’t have to do it again later.” This belief shines through in the way he works and pitches in wherever help is needed. We are so thankful to have Justin on our team!



AUGUST HIGHLIGHTS

01

Movercize with Dick Hensley

05

Pet Therapy



15

Virtual Reality to Egypt

30

Jersey and Jeans Day



Consistency is Key

As fragile as our bodies can be, they are equally as resilient and capable. Their innate ability to grow stronger, faster and more efficient is one of the tangible qualities that drives many peoples exercise motivation. Our muscle memory, or the ability to complete a movement without thought through constant repetition, relies heavily on our commitment to regular, daily exercise. Over time these constant repetitions allow your body to be stronger and far more efficient in the activities you perform. With exercise an increase in efficiency also typically mean an increase in safety. Muscles strengthen, joints become more mobile and a potential fall risk can reduce significantly. So, while the results you want may not come in a day stick with it. Consistency is key and your commitment to exercise will pay off in the long run.

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.
- Outer Banks Neighborhood Trips
  - 4<sup>th</sup>: Art Museum
  - 11<sup>th</sup>: Scenic Drive
  - 18<sup>th</sup>: Boating
  - 25<sup>th</sup>: Pinic Lunch
- Asheville Neighborhood Trips (RSVP to Laura by the 6<sup>th</sup>)
  - 6<sup>th</sup>: Scenic Drive
  - 13<sup>th</sup>: Lunch Outing
  - 20<sup>th</sup>: Orchestra
  - 27<sup>th</sup>: Theatre: Oliver

SEPTEMBER SPECIAL EVENTS

04

Rock Therapy Performance

06

BAKE SALE

09 & 30

Pet Therapy

21

Triangle Walk to De-Feet Dementia



EXECUTIVE DIRECTOR CORNER

Fall is here! I don’t know about you, but I look forward to cooler weather, pumpkin spice flavors, and football! We are also hoping this season brings many new neighbors into our community. “The best neighbors are the ones you choose” so that is why we have revamped and improved our Resident Referral program in Independent Living. Please continue to bring in friends that you feel would benefit from Waltonwood Lake Boone and all we have to offer. I’d also like to sincerely thank the many residents who jumped in and supported us during the Marketing video shoot we had at the end of August. We know having all of the extra people in your home and living space for three days was taxing, and your patience was appreciated. We couldn’t have done it without you! I look forward to being able to share the finished product soon. Our residents are what make Lake Boone the vibrant and homelike environment it is, and it is no wonder our community was chosen as the venue to film such a grand promotional video for Waltonwood Senior Living. Thank you for making Waltonwood Lake Boone the wonderful place it is!

-Allison O’Shea