



Celebrating Birthdays in October

4th- Maria Lado

12th- Philip Boyle

29th- Carol Reilly



CHEF'S ACTION STATIONS

03

Try faux pho, a tasty Vietnamese noodle soup with fresh sautéed onions, mushrooms, and garlic. Topped with fresh thai basil, green onion, & fresh lime.

10

Enjoy our always popular jumbo hot dogs topped with any or all of your favorite toppings from the everyday to the gourmet.

17

Don't miss out on fresh apple cinnamon churros, spiced rum flambéed apples, and topped with housemade vanilla ice cream!

24

Preface your meal with fresh grilled naan served with black eyed pea hummus and classic dahl!

CHEF'S SIGNATURE RECIPE: Apple Cinnamon Pancakes

Ingredients

- 3/4 cup milk
- 1 1/2 tablespoons vinegar
- 1 cup flour
- 3 tablespoons sugar
- 1 teaspoon cinnamon (if you really love cinnamon you can add another 1/2 tsp)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 2 tablespoons oil

Apple Topping

- 2 tablespoons butter
- 2 apples, peeled, cored, and diced
- 2 tablespoons brown sugar
- 1/2 teaspoon cinnamon
- 1/3 cup maple syrup

1. Preheat a skillet to medium-high heat (275 degrees).
2. Whisk together the milk and vinegar and allow to rest for 5 minutes.
3. While milk is curdling, whisk together flour, sugar, baking powder, baking soda, and salt in a large bowl.
4. Whisk egg and oil into milk. Add wet ingredients to dry ingredients and stir until combined (don't over-mix, it should still have some lumps).
5. Spray skillet with cooking spray. Use a 1/4 cup measuring cup to pour batter onto skillet. Cook about 2 minutes until bubbles form and the edges start to look "dry". Use a spatula to flip the pancake and cook another 1-2 minutes on the other side. Set pancakes aside and repeat with remaining batter.
6. Add butter, apples, brown sugar, and cinnamon to a medium sauce pan. Stir over medium heat 3-5 minutes until apples are very tender. Stir in syrup. Serve apple topping over warm pancakes.



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!

LAKE BOONE CONNECT

OCTOBER 2019



SINGH

3550 Horton Street, Raleigh, NC 27607
www.waltonwood.com | 984-232-0528
Facebook: /WaltonwoodLakeBoone

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



October is here and we will begin to experience the fall season with its crisper weather and beautiful foliage....

October

October is the treasurer of the year,
And all the months pay bounty to her store;
The fields and orchards still their tribute bear,
And fill her brimming coffers more and more.

But she, with youthful lavishness,
Spends all her wealth in gaudy dress,
And decks herself in garments bold
Of scarlet, purple, red, and gold.

She heedeth not how swift the hours fly,
But smiles and sings her happy life along;
She only sees above a shining sky;
She only hears the breezes' voice in song.

Her garments trail the woodlands through,
And gather pearls of early dew
That sparkle, till the roguish Sun
Creeps up and steals them every one.

But what cares she that jewels should be lost,
When all of Nature's bounteous wealth is hers?
Though princely fortunes may have been their cost,
Not one regret her calm demeanor stirs.
Whole-hearted, happy, careless, free,
She lives her life out joyously,
Nor cares when Frost stalks o'er her way
And turns her auburn locks to gray.

By Paul Laurence Dunbar

Like October, may we all celebrate change, appreciate beauty, and live out our lives joyously!

ASSOCIATE SPOTLIGHT

Move-In Coordinator Grayson Hale is one of the first faces new residents encounter. He is responsible for assisting with the completion of move-in paperwork, lease signings, and ensuring a smooth transition from home. He is a big part of a new resident's warm welcome at Waltonwood Lake Boone! Grayson was born & raised in High Point, NC with 1 older brother. His parents still live in High Point. Prior to joining Waltonwood, Grayson worked in every department within the Safeway grocery store chain in Colorado. His close relationships with 3 older gentlemen in particular (pictured right in frame) sparked an interest in working in senior living, which is how he ended up here at Lake Boone! In this industry, Grayson enjoys the personal interactions he shares with residents as well as the reward that comes with helping someone transition into a new home. In his spare time, Grayson is an avid reader and lover of music. Growing up in Boy Scouts instilled in him a love of the outdoors, and he enjoys camping, backpacking, and travelling. Grayson is a hard worker with a kind soul, and we are so grateful to have him on the Lake Boone team!



SEPTEMBER HIGHLIGHTS

03

We enjoyed a pontoon boat tour of Jordan Lake in beautiful weather!

20

A trip to the Meymandi Concert Hall for the Enigma Variations Symphony!

09

A trip to the Quail Ridge Book Store to begin a book club!

21

We had a fabulous fundraiser for NC Dementia Alliance and a great turnout for the Walk to De-Feet Dementia!



WELLNESS AT WALTONWOOD: Better Bones

While many of us exercise to keep strong, healthy muscles, the benefits to our bones are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age, the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age. Your bones will thank you for making use of our fantastic fitness center and joining the Walking Group!

TRANSPORTATION INFORMATION

October 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!

Saturday, October 12th- Cedar Creek Pottery & Glass Festival

Saturday, October 19th- "West Side Story" at the Duke Energy Center Memorial Auditorium

Tuesday, October 22^d- NC State Fair Senior Citizens' Day

Sunday, October 27th- Carolina Ballet presents "Frankenstein"

OCTOBER SPECIAL EVENTS

October 1st-7th: Active Aging Week!

October 1st: Pink Hair Extensions for Breast Cancer Awareness Month

October 4th: National Denim & Pink Day

October 18th: Happy Hour & Pink Jewels for a Cause

October 24th: Haunted Safety Room by Bayada

October 30th: Monster Dinner Bash

October 31st: Trunk or Treat!



EXECUTIVE DIRECTOR CORNER

The first week of October this year is Active Aging Week. Active Aging Week was initiated in 2003 by the International Council on Active Aging®. The goal of the week is to "challenge society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental". Our residents here at Waltonwood Lake Boone are a perfect example of what "Active Aging" is all about. The first week of October our calendars will be filled with programs that promote Active Aging and we will even have awards for our residents. We look forward to a week full of fun, activity, and fellowship!

-Allison O'Shea, Executive Director