



Celebrating Birthdays in November

10th- Joe Jones

20th-

Rosemary Twiford

23rd-

George Dramis

24th- Phillip Bush



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S ACTION STATIONS

07

Build your perfect gourmet grilled cheese with your choice of cheese & toppings. Served with our house made tomato soup. A classic combo!

14

Our classic Caesar salad will be prepared in the Dining Room with your salmon grilled to order.

21

Breakfast for dinner is a favorite treat! Customize your classic American omelet stuffed with all of your favorite toppings!

28

Happy Thanksgiving! Enjoy a "Friendsgiving" dinner with carved turkey and ham along with delicious Thanksgiving fixins!

CHEF'S SIGNATURE RECIPE: **Bourbon Ham Balls**

- 2 pounds fully cooked boneless ham
- 1 thick boneless pork loin chop (8 ounce)
- 1/2 pound bacon strips
- 1 cup panko (Japanese) bread crumbs
- 1 cup 2% milk
- 2 large eggs, lightly beaten
- Oil for frying

SAUCE

- 1-1/2 cups packed brown sugar
- 1/2 cup white vinegar
- 1/2 cup bourbon
- 2 teaspoons spicy brown mustard

Cut ham, pork chop, and bacon into 1-in. pieces; arrange in a single layer in a foil-lined 15x10x1-in. pan. Freeze 30 minutes or until partially frozen.

Preheat oven to 350°. Transfer meat to a food processor in batches; pulse until coarsely ground, 20-24 pulses. In a large bowl, combine bread crumbs, milk, and eggs. Add pork mixture; mix lightly but thoroughly. Shape into 1-1/2-inch balls.

In a large skillet, heat 1/4 in. of oil over medium heat. Add ham balls in batches; cook 3-4 minutes or until cooked through, turning occasionally. Remove from pan; drain on paper towels.

In a large bowl, whisk sauce ingredients; reserve 1 cup for serving. Add ham balls to remaining sauce, a few at a time, allowing ham balls to soak 1-2 minutes. Transfer ham balls to a foil-lined 15x10x1-in. baking pan. Bake 15-20 minutes or until heated through, brushing occasionally with remaining sauce from soaking. Serve with reserved sauce.

\$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

NOVEMBER 2019



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Happy Thanksgiving!

Thanksgiving is a day filled with family, friends, gratitude, traditions, and tasty food. What are your must have food items on Thanksgiving? Some of us answer with no hesitation but others require a little "food for thought."

"Of course, my mama's homemade dressing!" – Suzanne Otstot, Life Enrichment Associate

"Let me think...honey baked ham!" – Edna Silver, Concierge

"Ohhhh carrot soufflé!" -Tyler Rockmore, Culinary Services Supervisor

"Definitely pumpkin bread." – Brittany Legg, Dining Room Supervisor

(thinks intensely) "Collard greens." – Justin Badger, Server

"Believe it or not, it's lasagna!" – Shelly Levin, Life Enrichment Manager

"Let me think...homemade stuffing, that's the way to go. Pecan pie falls in there too. Oh, can't forget date nut bread." – Chef Bryan Minton, Culinary Services Manager

"How do you pick one favorite? I'd say stuffing, pumpkin pie, & corn pudding." – Lauren Higdon, IL Manager

"The whole plate, but my favorite is cranberry relish." – Gail Honeycutt, Marketing Manager

"Favorite dish of all time is fresh string beans, white potatoes, and smoked meat. One pot meal!" – Ellen Jones, Resident Care Manager

"I don't really like any Thanksgiving food. I know it's crazy." – Sam Toms, Life Enrichment Manager, Memory Care

"Oyster stuffing made by my Grandma from Boston!" – Katie MacGilvray, Business Office Manager

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

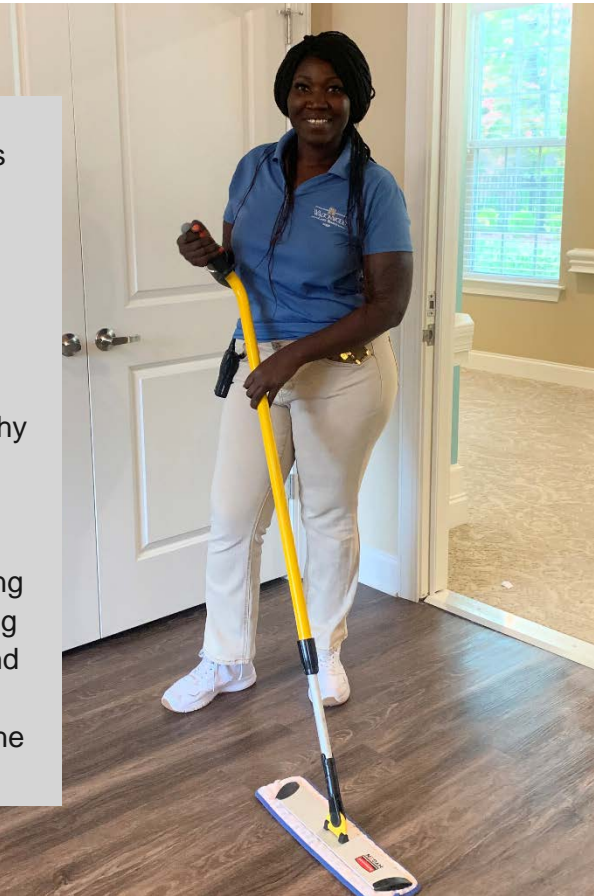
Richard Hiatt
Marketing Manager

Gail Honeycutt
Marketing Manager

Ellen Jones
Resident Care Manager

ASSOCIATE SPOTLIGHT

Elizabeth Samba is one of the gems in our Housekeeping department. Primarily responsible for the housekeeping duties in our Outer Banks neighborhood (Memory Care), she is a friendly face to everyone she encounters in our community! Originally from West Africa, Elizabeth came to the US in 2005 and has been in NC for 14 years. She was a housekeeper at NC State for 8 years and prior to Waltonwood, she worked at the Cardinal for 2 years. In her spare time, Elizabeth loves to cook and her long term goal is to open her own restaurant! Why did she choose senior living? Elizabeth genuinely loves the company of older adults and this is evident in the way she makes time to interact with our residents. When she isn't diligently cleaning apartments and common areas, she is joining resident activities, engaging them in conversation, and stopping to help anyone in need. She knows each resident by name and her happy, caring smile warms their hearts! Elizabeth is the employee and person all of us are grateful to have as part of the Waltonwood Lake Boone family!



OCTOBER HIGHLIGHTS

24

The fantastic Bayada team created a Haunted Apartment complete with creepy "guests" and safety reminders!

25

Fairy Hair Glam with proceeds to "1 of Us" for breast cancer awareness.

30

Monster Mash Dinner Party with music and a costume contest! Deliciously scary!

31

Trunk or Treat with treats salty and sweet; let's not forget the beer & wine variety!



WELLNESS AT WALTONWOOD: Positive Outlets

No matter what age, stress is a part of our daily lives. However, how we choose to manage it can significantly impact our overall health and wellness. When left to build over time, chronic stress causes a hormonal change in the body, making us more susceptible to conditions such as anxiety, depression, Type 2 Diabetes, heart attack, and stroke. The good news is that positive coping strategies such as regular exercise, a well-balanced diet, adequate sleep, and a strong support system of family and friends have all been directly linked to lower stress levels and a better quality of life. In the fast pace of life, it's far too easy to get caught up in stressful situations and we simply forget about our feelings and well-being. This month, slow down, take some time for yourself, and make cutting down on stress your #1 priority.

TRANSPORTATION INFORMATION

November 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, November 4th- Pontoon boat ride on Jordan Lake to enjoy the autumn foliage!

Thursday, November 7th- We Will Rock You! Enjoy the music of Queen at the Memorial Auditorium.

Saturday, November 9th- Holiday shopping at the NC State Fall Craft Fair at the Farmer's Market!

Monday, November 11th- The ABBA show at Meymandi Hall!

Friday, November 15th- Symphony No. 9 "From the New World" at Meymandi Concert Hall.

Saturday, November 16th- Holiday shopping at Raleigh Vintage Market!

Wednesday, November 20th- Men's Chamber of Commerce & Lunch Outing in Knightdale with Richard!

NOVEMBER SPECIAL EVENTS

06- Waltonwood Lake Boone 1 Year Anniversary celebration!

06- Stockings for Joy- let's decorate and stuff stockings for the less fortunate.

10- Veterans Day Brunch

11- Veterans will be honored during a special ceremony on Veterans Day.

21- Friendsgiving! We are grateful for our Lake Boone family & friends!

24- Meredith Kids Performance Series!



EXECUTIVE DIRECTOR CORNER

November 11, 1918 is considered in American history as the day "the war to end all wars" occurred, referring to the end of WWI. The war technically ended when the Treaty of Versailles was signed on June 28, 1919, but fighting had ceased seven months earlier on November 11th. A temporary cessation of hostilities between the Allied Nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month.

Here at Waltonwood Lake Boone we are grateful for our veterans every day and will be honoring them for Veterans Day with a symbolic White Table, special ceremony, and a brunch. Thank you to all of our veterans for stepping forward when others step back; for placing yourselves between our country and danger; for serving the United States of America; for protecting our freedom; and for your sacrifices and bravery. We are forever grateful!

--Allison O'Shea, Executive Director