



## CHEF'S COOKING DEMONSTRATIONS

**06      07**

### Grilled Cheese & Tomato Soup

Lunch in MC      Lunch in AL

**13      14**

### Grilled Salmon Caesar

Lunch in MC      Lunch in AL

**20      21**

### Omelet Station

Lunch in MC      Lunch in AL

**28      28**

### Carved Turkey and Ham

Lunch in MC      Lunch in AL

## Celebrating Birthdays in November

- 8<sup>th</sup>: Margaret Israelson
- 23<sup>rd</sup>: Kathy Midboe



## CHEF'S SIGNATURE RECIPE

### Old- Fashioned Buttermilk Pie

#### Ingredients

3 eggs  
1 1/2 cups sugar  
1/2 cup butter melted and cooled  
3 tablespoons flour  
1 cup buttermilk  
1 tablespoon lemon juice  
1 teaspoon vanilla extract  
1/8 teaspoon ground nutmeg  
pinch of salt  
1 9-inch pie crust, unbaked

#### Instructions

1. In a large bowl, whisk together eggs and sugar.
2. Whisk in remaining ingredients until smooth.
3. Pour into prepared pie crust.
4. Bake at 400 for 10 minutes.
5. Reduce heat to 350 degrees and continue bake for 40 to 45 minutes.



## \$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!

## FRIENDS & FAMILY REFERRAL PROGRAM!

## LAKE BOONE CONNECT

**NOVEMBER 2019**



**NOVEMBER**

#### Favorite Thanksgiving Food

"Of course, my mama's homemade dressing" – Suzanne

"Let me think, honey baked ham." – Edna

"Ohhhh carrot soufflé" – Tyler

"Definitely, pumpkin bread." – Brittany

"(thinks intensely) collard greens" – Justin

"believe it or not it's lasagna." – Shelly

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

"How do you pick one favorite...I would say stuffing, pumpkin pie, and corn pudding." – Lauren

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

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

"I don't really like any Thanksgiving food. I know it's crazy" – Sam

## 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

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

**01**      **07**

Pink Hair extension for Petting Zoo  
Breast Cancer (\$10)



**06**      **17**

WWLB Music Series Virtual Reality to Mexico to  
Violin Recital celebrate Día de Muertos



## Positive Outlets

No matter the age stress is a part of our daily lives. How we choose to manage it however 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 everything else going on that we simply forget about how we feel and our own well-being. This month slow down, take some time for yourself and make cutting down on your stress your #1 priority.

## 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
  - 6<sup>th</sup>: Art Museum
  - 13<sup>th</sup>: Science Museum
  - 20<sup>th</sup>: Scenic Drive
  - 27<sup>th</sup>: Raleigh City Museum
- Asheville Neighborhood Trips
  - 1<sup>st</sup>: Pontoon Boat Ride at Lake Jordan (weather permitting)
  - 8<sup>th</sup>: Matinee Movie Theater Outing
  - 15<sup>th</sup>: Symphony: New World- Limited tickets: please sign up at concierge
  - 22<sup>nd</sup>: Lunch outing

## NOVEMBER SPECIAL EVENTS

**03**

WWLB Music Series  
Violin Recital

**06**

Decorating for Stockings of Joy



**11**

Veterans Day Ceremony

**17**

Sing-a-long with Nancy & Nancy

## 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 11<sup>th</sup>. 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!