



Celebrating Birthdays in January

4th- Ida Ruth Halsted

11th- Cathy Boyle

18th- Kermit Braswell

21st- Alta Chalmers

23rd- Laura Bridges



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S ACTION STATIONS

09

Sautéed fresh NC shrimp with peppers, onion, and bacon over creamy stone ground grits.

16

Baked potato stuffed with any or all of your favorite toppings from the everyday to the gourmet!

23

Strawberries, blueberries, and blackberries flambéed with bourbon and served over housemade vanilla ice cream.

30

Classic creamy mac and cheese sautéed to order with a variety of cheeses and yummy toppings!

CHEF'S SIGNATURE RECIPE *Blueberry French Toast Casserole*

12 slices day-old bread, cut into 1-in cubes	1/3 cup maple syrup
2 (8 oz) packages cream cheese, cut into 1-in cubes	1 cup white sugar
1 cup fresh blueberries	2 tablespoons cornstarch
12 eggs, beaten	1 cup water
2 cups milk	1 cup fresh blueberries
1 teaspoon vanilla extract	1 tablespoon butter

Lightly grease a 9x13 inch baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 cup blueberries over the cream cheese, and top with remaining bread cubes.

In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover and refrigerate overnight.

Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C).

Cover, and bake 30 minutes. Uncover, and continue baking 25 to 30 minutes, until center is firm and surface is lightly browned.

In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes. Mix in the remaining 1 cup blueberries. Reduce heat, and simmer 10 minutes, until the blueberries burst. Stir in the butter, and pour over the baked French toast

\$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

JANUARY 2020



The ancient Babylonians are said to have been the first people to make New Year's resolutions some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12-day religious festival known as Akitu, the Babylonians made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions.

Nowadays, most of our resolutions focus on self-improvement. Some studies estimate that about 40% of Americans make New Year's resolutions and only 8% of people actually stick to them! Here are some resolutions we heard around our community:

"Be a healthier me!"
"Travel more...especially to Paris!"
"Complete my short-term goals."
"Declutter my house and donate items to the less fortunate."
"Finish remodeling my house, sell it, and build our dream home."
"Become debt free."
"Find a new hobby that I truly enjoy."
"Work out at least 3 times a week, and be more active day to day."
"Meet my fitness goals."
"Have a better relationship with my family & friends."
"Save more money, spend less money."
"Read at least one book a month."
"Become more organized in my day to day life."
"Eat healthier and cook more meals at home."
"Take the stairs whenever possible!"
"Volunteer at local organizations throughout the year."
"Find a church and commit to going."



SINGH

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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

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

Corey Alberty is a server in our Culinary department and most of his time is spent in our Outer Banks neighborhood (Memory Care). To see him at work is to see him in his element: serving with a caring heart. Corey was born in Mt. Airy, NC but has spent most of his life here in Raleigh. He graduated from NCSU with a degree in Political Science. Prior to Waltonwood, Corey was employed as a paralegal, an intern at NC State House, assisted with political campaigns, experienced 5+ years of serving and bartending, and volunteered at Habitat for Humanity. His long-term goal is to run for local government office. He is engaged to our Life Enrichment Assistant, Ashley Lamm, and shares a home with her, her son, and their 3 dogs, Watson, Lola, and Patty. Corey is amazing with the residents and genuinely cares. He has taken the time to learn their individual preferences, build rapport, and kindly and patiently assists them throughout their dining experiences. His favorite part of the job is socializing with the residents and building special relationships with them, and this is very easy to observe during his interactions. He also appreciates being a part of providing them with a wonderful dining experience. Waltonwood is lucky to have Corey as a member of our family!



DECEMBER HIGHLIGHTS

13

Governor's Mansion
Christmas Tour

22

Lafayette Village:
Hanukkah Menorah
Lighting & Gelt Drop



19

Ugly Holiday
Sweater Day

31

New Year's
Eve Bash!



WELLNESS AT WALTONWOOD

Every January, millions of Americans resolve to move more, eat better, and stress less. In fact, nearly 55% of all New Year's resolutions focus on improving our overall health & wellness and while that's an encouraging number, only 8% actually stick to their plan. There are certain tactics, however, that make it much more likely you'll have success in staying on track and reaching your goals. This January, try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing if the choices you've made brought you closer to or further from your ultimate goal. Whether a short note or lengthy paragraph, keeping a journal helps to create the accountability necessary to achieve success now and in the months to come. So this January, write it down and give yourself a tool to help make 2020 your healthiest year ever!

TRANSPORTATION INFORMATION

January 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, January 10th- Chinese Lantern Festival Outdoor Exhibit

Wednesday, January 15th- Men's Lunch Outing with Richard

Saturday, January 18th- The North Carolina Symphony presents the music of Elton John

Friday, January 31st- A Winter's Eve with the North Carolina Symphony at the Holy Name of Jesus Cathedral

JANUARY SPECIAL EVENTS

Thursday, January 2nd- Steppin' Out Dance
Class with Richard!

Friday, January 3rd- Chocolate Dipping for
Tea & Coffee

Wednesday, January 8th- In honor of Elvis
Presley's birthday, let's bake one of his
favorite cakes!

Wednesday, January 15th- Snowflake
Luminaries

Thursday, January 23rd- Mark Twain Speaks



EXECUTIVE DIRECTOR CORNER

Happy New Year! This is a time for me to contemplate, and I find it exciting to decide how I will make the new year even better than the last! In this busy, stressful world we live in, taking time out to reflect and appreciate each moment is very hard to do. This year my plan is to be intentional in reflection and gratitude both personally and professionally. I look forward to the ways this will benefit me and my family, as well as our Lake Boone family as we continue to move our community in a positive direction. Your input the first year on creating a warm, inviting, and friendly environment has been priceless and I hope we can continue to provide a home that you are proud to be a part of in the New Year! I feel certain that 2020 is going to be a great year for us. We thank you for being part of our family! Cheers!

-Allison O'Shea, Executive Director