



## Celebrating Birthdays in January

17<sup>th</sup>: Liz Rouse

19<sup>th</sup>: Barbara Krasner



FRIENDS & FAMILY REFERRAL PROGRAM!

## CHEF'S COOKING DEMONSTRATIONS

08

**Shrimp & Grits**

Lunch in MC

09

Lunch in AL

15

**Baked Potato Station**

Lunch in MC

16

Lunch in AL

22

**Flambéed Bourbon Berries**

Lunch in MC

23

Lunch in AL

29

**Mac & Cheese Bar**

Lunch in MC

30

Lunch in AL

## CHEF'S SIGNATURE RECIPE

Blueberry French Toast Casserole

### Ingredients

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

### Directions

1. 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.
2. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover, and refrigerate overnight.
3. Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C).
4. Cover, and bake 30 minutes. Uncover, and continue baking 25 to 30 minutes, until center is firm and surface is lightly browned.
5. 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



## New Year Resolutions

"Be a healthier me!"

"Travel more...especially to Paris"

"Complete my short term goals"

"De-clutter my houses and donate items to the less fortunate."

"Finish remodeling my house, sell it, buy school bus, and build our dream home."

"Become debt free."

"Find a new hobby that I truly enjoy."

"Workout 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."



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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



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

04

Open House 3-6pm

12

ComMotion 2:30pm



17

Hyland Methodist Church  
Children's Carol  
10:30am

18

Dancing Divas 3:30  
**Family Holiday Party 6pm**



January Journal

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% actual 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 took you closer too 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 for the months to come. So, this January write it down, give yourself a tool to help make 2020 your healthiest year ever!

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>: Little Women at the Alamo Draft House at 2pm \*extra charge\*
  - 15<sup>th</sup>: Scenic Drive
  - 22<sup>nd</sup>: Science Musuem
  - 29<sup>th</sup>: Art Museum
- Asheville Neighborhood Trips
  - 3<sup>rd</sup>: Art Musuem
  - 6<sup>th</sup>: Little Women at the Alamo Draft House
  - 10<sup>th</sup>: NC Science Museum / 10<sup>th</sup> (evening): Chinese Lantern Festival
  - 17<sup>th</sup>: Lunch Out
  - 20<sup>th</sup>: Good Hope Farm Food Drive
  - 31<sup>st</sup>: Mystery Outing

\*unscheduled outings may occur\*

JANUARY SPECIAL EVENTS

02

Movercize 2:30pm

15

ComMotion 3pm

17

Nancy Sing-a-long  
3:30pm

23

Mark Twain Speaks  
2:45pm



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