



## Celebrating Birthdays in February

4<sup>th</sup>: Jean Ogden

11<sup>th</sup>: Bill Cullen

17<sup>th</sup>: Bill Smith



FRIENDS & FAMILY REFERRAL PROGRAM!

## CHEF'S COOKING DEMONSTRATIONS

05

### Shrimp & Grits

Lunch in MC

09

Lunch in AL

12

### Baked Potato Station

Lunch in MC

16

Lunch in AL

19

### Flambéed Bourbon Berries

Lunch in MC

23

Lunch in AL

26

### Mac & Cheese Bar

Lunch in MC

30

Lunch in AL

## CHEF'S SIGNATURE RECIPE

### Soy Ginger Baked Chicken Wings

#### Ginger-Soy Glaze

1 2-inch piece of ginger, peeled, sliced

3 large garlic cloves, crushed

¼ cup honey

2 tablespoons soy sauce

Wings 5 pounds chicken wings, tips removed, drumettes and flats separated

2 tablespoons vegetable oil

1 tablespoon kosher salt ½ teaspoon freshly

#### Ginger-Soy Glaze

Bring ginger, garlic, honey, soy sauce, and ¼ cup water to a boil in a small saucepan, stirring to dissolve honey. Reduce heat to low; simmer, stirring occasionally, until reduced to ¼ cup, 7–8 minutes. Strain into a medium bowl. Let sit 15 minutes to thicken slightly. Do Ahead: Glaze can be made 5 days ahead. Cover; chill. Rewarm before using.

#### Wings

Preheat oven to 400°. Set a wire rack inside 2 large rimmed baking sheets. Toss chicken wings, vegetable oil, salt, and pepper in a large bowl to coat. Divide wings between prepared racks and spread out in a single layer. Bake wings until cooked through and skin is crispy, 45–50 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!

## LAKE BOONE CONNECT

FEBRUARY 2020



## Love

"I carry your heart with me (I carry it in my heart) I am never without it (anywhere I go you go, my dear; and whatever is done by only me is your doing, my darcy) I fear no fate (for you are my fate, my sweet) I want no world (for beautiful you are my world, my true) heart) and it's you are whatever a moon has always meant and whatever a sun will always sing is you here is the deepest secret nobody knows

(here is the root of the root and the bud of the bud and the sky of the sky of a tree called life; which grows higher than the soul can hope or mind can hide) and this is the wonder that's keeping the stars apart I carry your heart (I carry it in my heart)

- E. E. Cummings



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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

Karetha (Kiki) Nix is our fantastic Housekeeping Supervisor. She is responsible for every housekeeper, their scheduling, and ensuring all residents receive quality service. In her words, Kiki and her team manage to “keep all 411,000 sq. ft. of all 3 buildings looking awesome!” Kiki was born in Salt Lake City, UT and has lived in 10 different states throughout her life. She is the youngest of 5 and raised by a mom who began as a housekeeper in hotels and retired as a hotel’s General Manager. Kiki has similar aspirations, hoping to one day fill a Regional role in Housekeeping or Management. Kiki is a mom of 3 daughters, including a set of twins. She is also a grandmother of 4! Kiki moved to NC 2 years ago due to her engagement and was remarried on 4/14/19. In her spare time, Kiki loves to read and sing karaoke! Kiki says, “Working at Waltonwood and Singh is the best job I’ve ever had. The company supports teamwork and cares about the employees.” She also says, “God bless my team- they are amazing.” You’re amazing too, Kiki! We are so lucky to have Kiki in the Lake Boone family!



JANUARY HIGHLIGHTS

02

Movercize

15

ComMotion



17

Nancy Sing-a-long

23

Mark Twain



Know Your Numbers

Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure the healthy you have in the healthy you keep. There are however some other factors to consider, numbers than when elevated can greatly impact how you feel. High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body making your heart work harder and more susceptible to heart disease and stroke. So, this February join with the American Heart Association and help celebrate American Heart Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a healthy, happy lifestyle for years to come.

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
    - 5<sup>th</sup>: Scenic Drive
    - 12<sup>th</sup>: Videri Chocolate Factory
    - 19<sup>th</sup>: Scenic Drive
    - 26<sup>th</sup>: Bakers Dozen Donut Shop
  - Asheville Neighborhood Trips
    - 5<sup>th</sup>: Grocery shopping
    - 7<sup>th</sup>: Irregardless Cafe (11am)
    - 14<sup>th</sup>: Library (230pm)
    - 21<sup>st</sup>: Movies
    - 28<sup>th</sup>: Big Ed’s
- \*unscheduled outings may occur\*

FEBRUARY SPECIAL EVENTS

02

Violins Performance  
2:30pm Grove Cafe

12

BAKE SALE procedes go  
to Share to Care 12pm  
AL Trunk Club

16

BINGO FUNDRAISER  
IL Dining Room 2:30-  
4:30pm

23

The Bouncing Bulldogs  
Double Dutch at 1:30pm



EXECUTIVE DIRECTOR CORNER

This month, Waltonwood Lake Boone will be participating in an event called “Share to Care”. Share to Care is a fundraising event that directly supports a non-profit called Transitions Guiding Lights. The mission of Guiding Lights is to be the comprehensive caregiver support center for family and professional caregivers. Every year at Share to Care, they have a Chef Challenge where chefs in local communities like ours compete with dishes that are judged in presentation and taste. We are excited to be a part of the event this year while helping to bring awareness and financial support to Guiding Lights. There are two ways to win and I would love for us to win both! The main prize goes to the winner of the Chef Challenge. The second way to be acknowledged is by raising money ahead of time. The community that raises the most money is considered the “People’s Choice Champion”. Our community will be organizing events in the next few weeks that will help us raise money for Guiding Lights. We hope you participate and enjoy the events that are being planned. We look forward to coming home on February 22<sup>nd</sup> with the Silver Spoon Award! Thank you for your support!