



Celebrating Birthdays in March

7th: Jack Phillips

7th: Dinah Smith

8th: Dot Knight

16th: Mary Ellen Bishop



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S COOKING DEMONSTRATIONS

04

Shrimp & Grits

Lunch in MC

05

Lunch in AL

13

Omelet Station

Lunch in MC

15

Lunch in AL

18

Flambéed Bourbon Berries

Lunch in MC

19

Lunch in AL

26

Mac & Cheese Bar

Lunch in MC

27

Lunch in AL

CHEF'S SIGNATURE RECIPE

Old Fashioned Carrot Cake

Ingredients

- 4 large eggs
- 2 cups sugar
- 1 cup canola oil
- 2 cups all-purpose flour
- 2 to 3 teaspoons ground cinnamon
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 2 cups grated carrots

FROSTING:

- 1/2 cup butter, softened
- 3 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 3-3/4 cups confectioners' sugar
- 2 to 3 tablespoons 2% milk
- 1 cup chopped walnuts, optional
- Orange and green food coloring, optional

Directions.

1. In a large bowl, combine the eggs, sugar and oil. Combine the flour, cinnamon, baking soda, baking powder, salt and nutmeg; beat into egg mixture. Stir in carrots.
2. Pour into two greased and floured 9-in. round baking pans. Bake at 350° for 35-40 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
3. For frosting, in another large bowl, cream butter and cream cheese until light and fluffy. Beat in vanilla. Gradually beat in confectioners' sugar. Add enough milk to achieve desired spreading consistency. Reserve 1/2 cup frosting for decorating if desired. If desired, stir walnuts into remaining frosting.
4. Spread frosting between layers and over top and sides of cake. If decorating the cake, tint 1/4 cup reserved frosting orange and 1/4 cup green. Cut a small hole in the corner of pastry or plastic bag; insert #7 round pastry tip. Fill the bag with orange frosting. Pipe twelve carrots on top of cake, so each slice will have a carrot. Using #67 leaf pastry tip and the green frosting, pipe a leaf at the top of each carrot.

LAKE BOONE CONNECT

MARCH 2020



Lucky Charms

Why does one person get sick while another stays healthy? Why does one person seem to find wealth and prosperity everywhere, while another never succeeds at anything they try to do? Many believe that the answer is luck.

For some people, good luck comes naturally. But if you feel like the old saying, "If it weren't for bad luck, I'd have no luck at all" applies to you, there is good news: it IS possible to turn your luck around. A lucky attitude goes a long way toward making you not only feel luckier but actually be luckier.

Even the luckiest people aren't lucky all the time. You will never be able to correctly call every toss of the coin or win every giveaway you enter. However, you can tilt the odds to be more in your favor.

How is that possible? Tennessee Williams put it nicely when he said, "Luck is believing you're lucky." Having faith that you are a lucky person actually makes you more likely to notice opportunities and more likely to be in a position where opportunities can come to you.

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

\$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!

ASSOCIATE SPOTLIGHT

Michael Baez’s title of “Driver” does not fully encapsulate all that he does for our community. Know for his ***drive*** to go above & beyond, his motto to “Serve others first” is a rule he practices daily. Michael was born in Japan, lived in England, and was raise in Chicago. He met his future wife, Carol, in college and they have been married for 46 years. Together they have 4 sons an 7 grandchildren- they are the reason Michael now lives in NC. Prior to Waltonwood, Michael works for 30 years and ran buisnesses in Europe- many dealth with medical supplies and filtration. Tragically, Michael’s younger brother has lived in an Assisted Living facility for 36 years after being hit by a drunk driver. This devastating experience was life-changing, but it strenghted Michael’s ability to empathize with others. Despite retiring, Michael wanted to stay busy and be physically active. In his spare time, he loves to cook and many of us have been treated to his culinary talents! On top of keeping busy, he wants to make a difference in other people’s lives. He certainly accomplishes all of these goals in a myriad of ways and every day, he provides the tops in customer service. We all feel fortunate to have Michael Baex in our Lake Boone Family!



FEBRUARY HIGHLIGHTS

12

BAKE SALE
AL Trunk Club

14

Happy Valentine’s Day!
Rose Delivery



16

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

23

The Bouncing Bulldogs
Double Dutch at 1:30pm



Pick Your Pace

Just like our personalities, our fitness profile is uniquely ours. Our strengths, weaknesses, abilities, and limitations are directly related to our overall health and wellness. Past experiences often shape our perception of where we feel we “should” be when assessing our current state, and while it’s completely normal to want to compare ourselves to others...don’t! What matters most is being honest with yourself about your capabilities, because it’s those capabilities that allow you to establish an appropriate base upon which your future improvements can be built. By focusing on yourself rather than focusing on the work of your peers, you help identify what your body truly needs: a tailored approach designed for you and you alone. Like most things in life, exercise is not one size fits all- so don’t be afraid to slow down to pick a pace that suits you best. A good exercise program is a safe exercise program designed with your needs in mind.

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
 - 4th: Holy Name of Jesus Cathedral Tour
 - 11th: Finding Flowers Scenic Drive
 - 18th: Scenic Drive around Raleigh
 - 25th: Art Museum
- Asheville Neighborhood Trips
 - 6th: Holy Name of Jesus Cathedral Tour at 10am
 - 13th: Symphony at 11am (limited tickets)
 - 18th: Library at 2pm
 - 20th: Steal Magnolias at 1pm (Limited Tickets)
 - 25th: Food Lion Grocery Shopping at 2pm
 - 27th: Hibernian restaurant at 11am

unscheduled outings may occur

MARCH SPECIAL EVENTS

01

Meredith College

05

Movercize 2:30pm
Outer Banks Evergreen
Fitness

16

Irish Dancers 7pm
AL Trunk Club

17

Bagpipe Performance
2:30pm IL Dining Room



EXECUTIVE DIRECTOR CORNER

Residents and friends –

I wanted to take a moment to thank you for completing the resident/family satisfaction survey over the holiday season. I have spent a great deal of time reviewing your responses and look forward to working with our community leaders on our action planning that will begin in March. In upcoming weeks, I’ll send further communication about our surveys and our 2020 goals. Without your feedback, we will not continue to grow as a community. Thank you!

-Allison O’Shea