



Celebrating Birthdays in March

4th- Frank Boes

13th- Lawahiz Eckhart

16th- Russell Halsted

18th- Ada Carroll

25th- Katherine Hester



CHEF'S ACTION STATIONS

05

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

15

Enjoy an omelet station with a classic American omelet stuffed with all of your favorite toppings!

19

Treat yourself to strawberries, blueberries, and blackberries flambéed with bourbon and served over housemade vanilla ice cream.

26

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

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 tps ground cinnamon
3/4 tsp baking soda
1/2 tsp baking powder
1/4 tsp salt
1/4 tsp 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 & green food coloring, optional

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.

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.

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.

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.

\$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

MARCH 2020



Redefining Retirement Living

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Do you Believe in Luck?

Luck- a purposeless, unpredictable and uncontrollable force that shapes events favorably or unfavorably for an individual, group or cause.

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.

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Michael Baez's title of "Driver" does not fully encapsulate all that he does for our community. Known 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 raised in Chicago. He met his future wife, Carol, in college and they have been married for 46 years. Together they have 4 sons and 7 grandchildren- they are the reasons Michael now lives in NC. Prior to Waltonwood, Michael worked for 30 years and ran businesses in Europe- many dealt 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 strengthened 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 Baez in our Lake Boone family!



FEBRUARY HIGHLIGHTS

09

A demo and tasting of French cuisine with Michael! Bon appétit!

13

Showing love for our friends at the Palentine's Day Ice Cream Social!



10

Lover's Leap Balance with Bayada and Forever Fit!

25

Mardi Gras Celebration!

WELLNESS AT WALTONWOOD

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

March 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!

Saturday, March 7th- A Rodgers and Hammerstein Celebration at Meymandi Concert Hall

Friday, March 13th- Symphony: American in Paris

Saturday, March 14th- Symphony: Music of Motown

Sunday, March 22nd- Art in Bloom Exhibit at NCMA

MARCH SPECIAL EVENTS

Thursday, March 5th- Designing Succulents tabletop gardens

Wednesday, March 11th- "Ask the Nurse" with Bayada

Friday, March 13th- Finklepott Fairy Hair

Sunday, March 15th- "Sing for Joy" Hymn Sing-a-long

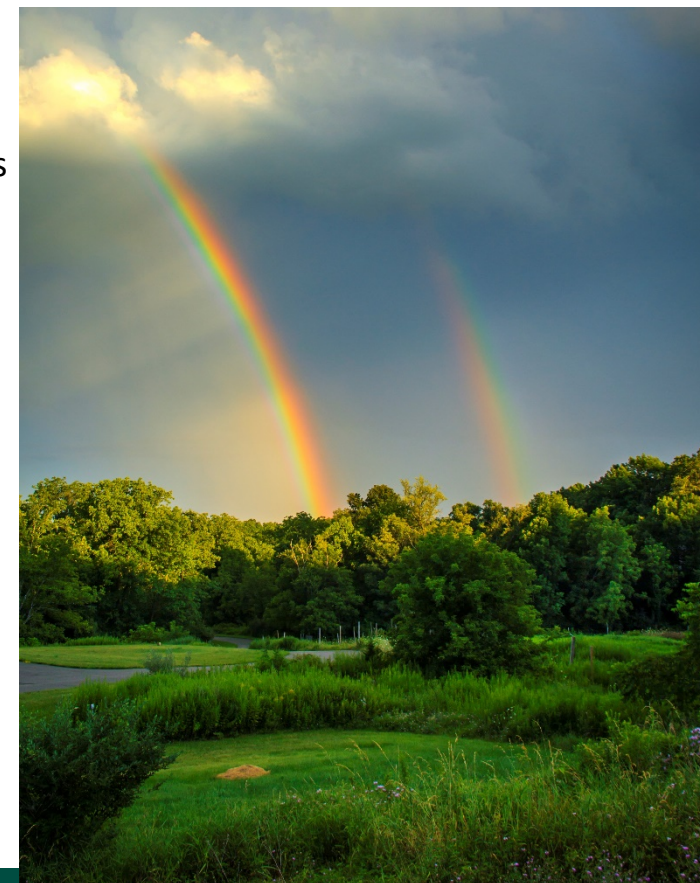
Monday, March 16th- Irish dancers Performance

Tuesday, March 17th- Bag Piper Performance

Wednesday, March 18th- Wellness with Dr. Nanjagowder

Friday, March 20th- Student & Teacher Piano Duo

Saturday, March 21st- Jazz Ensemble



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, Executive Director