

## CULINARY COMPLIMENTS

**Kudos & Congratulations** to **Chef Bryan, Chef Tyler,** & our Culinary team for their successful reopening of the Magnolia Dining Room at dinner!



## CHEF'S SIGNATURE RECIPE

### Classic Pico de Gallo

#### INGREDIENTS

- 1 cup finely chopped white onion (about 1 small onion)
- 1 medium jalapeño or serrano pepper, ribs and seeds removed, finely chopped (decrease or omit if sensitive to spice, or add another if you love heat)
- 1/4 cup lime juice
- 3/4 teaspoon fine sea salt, more to taste
- 1-1/2 pounds ripe red tomatoes (about 8 small or 4 large), chopped
- 1/2 cup finely chopped fresh cilantro (about 1 bunch)

#### INSTRUCTIONS

1. In a medium serving bowl, combine the chopped onion, jalapeño, lime juice and salt. Let it marinate for about 5 minutes while you chop the tomatoes and cilantro.
2. Add the chopped tomatoes and cilantro to the bowl and stir to combine. Taste, and add more salt if the flavors don't quite sing.
3. For the best flavor, let the mixture marinate for 15 minutes or several hours in the refrigerator. Serve as a dip, or with a slotted spoon or large serving fork to avoid transferring too much watery tomato juice with your pico. Pico de gallo keeps well in the refrigerator, covered, for up to 4 days.



**Celebrating Birthdays in JULY**

7<sup>th</sup>- Gene Hester

7<sup>th</sup>- Ellen Dick

15<sup>th</sup>- Sylvia Redwine

17<sup>th</sup>- Carline Pilkington

21<sup>st</sup>- Larry Dick

25<sup>th</sup>- Dave Butler



## \$3,500 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!

**FRIENDS & FAMILY REFERRAL PROGRAM!**

# LAKE BOONE CONNECT

**JULY 2020**



## The History of Fireworks

Most historians think that fireworks were invented in China, though some argue that the original birthplace was in the Middle East or India. We do know that somewhere around A.D. 800, Chinese alchemists mixed together saltpeter, sulfur, and charcoal and created a crude gunpowder, according to the American Pyrotechnics Safety and Education Foundation. This wasn't what they were aiming for. They were actually looking for a recipe for eternal life, but what they created changed the world anyway.

Once they realized what they had made, the Chinese came to believe that these explosions would keep evil spirits away.

To create some of the first fireworks, they would pack the new gunpowder into bamboo shoots and throw the shoots into a fire, which created a loud blast. After this, fireworks evolved. Paper tubes replaced bamboo stalks, for example, and instead of throwing the tubes in a fire, people added fuses made from tissue paper.



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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

**J'mi Walker**  
Resident Care Manager

## ASSOCIATE SPOTLIGHT

Michael Grant is an amazing caregiver in our Resident Care department. He works primarily in Memory Care. He was born in Rock Hill, SC but moved around a lot as a child and has an older sister. His family ended up in Raleigh due to his dad's promotion and he has really enjoyed living in our state's capital. He loves working with older adults, and became a CNA (Certified Nursing Aide) with the ultimate goal of attending nursing school at ECU. He was referred to Waltonwood Lake Boone by a friend and one of our Concierge team members, Andrea. The kindness and patience he shows to the residents living in Memory Care is a beautiful thing, and Michael clearly has the heart of a true caregiver. He lives by the quote "Good, better, best. Never let it rest 'til your good is better and your better is best." Michael is truly one of the best!



## WELLNESS AT WALTONWOOD

Henry Ford once said, "Whether you think you can, or you think you can't...you're right." Often the ultimate success of an exercise program starts with the words we tell ourselves. Far too often we don't give ourselves the credit we deserve for the strengths we have. Far too often we focus on what we can't do instead of embracing what we can. At a time when motivation can be hard to find and positive thoughts are replaced by uncertainties, give yourself the credit you deserve. The words we tell ourselves are the foundation of our potential, so let those words be kind, confident, and powerful!

## JULY EVENTS

**July 4th** Carnival Games in the courtyard and throughout community for social distancing fun!

**Christmas in July** fun and gift making!

**Beach Luau!**



## JUNE HIGHLIGHTS



## TRANSPORTATION INFORMATION

We can resume transportation to essential medical appointments, with a few important precautions:

- Only 1 resident and 1 driver are permitted in the car or van.
- The car or van must be thoroughly disinfected after the transportation takes place.
- The driver and the resident must wear a mask at all times.
- The resident must sanitize their hands pre and post transportation in and out of Waltonwood and their physician's office.
- The resident must isolate in their apartment 72 hours after their return from the appointment AND be Covid-19 symptom and fever free before returning to standard community living.
- Please make every effort to schedule your appointment on a designated medical appointment day: Tuesday or Thursday.

## EXECUTIVE DIRECTOR CORNER

When we think of July we normally think of Freedom and Celebration. This year those sentiments may not feel as strong as we don't have the freedom or ability to celebrate with loved ones like we normally would. Instead of focusing on the losses we are experiencing right now, I would like to focus on how our freedom is slowly coming back within our community. The past 30 days we have been able to start reopening parts of our community safely and with everyone's health in mind. The salon and modified dinner have added a little more life to our community and it's nice to see residents abiding by the new standards and enjoying a wave to their neighbors from 6 ft away. We are continuing to evaluate the situation in North Carolina which then will dictate how we continue to move forward with offering more amenities while knowing we are still protecting our residents. As always, you are #1!

*Allison O'Shea, Executive Director*