



CHEF'S DELIVERIES

10

Berry Day

17

Frankfurter Day

24

Instant Coffee Day

31

Raspberry Cake Day

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

- 5th: Harleen Dickinson
10th: Louise Powell
20th: Mary Hasty
25th: Charlotte Churchill



\$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!

LAKE BOONE CONNECT

JULY 2020



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.

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
- J'Mi Walker
Resident Care Manager
- Takisha Craven
Wellness Coordinator
Memory Care
- Sharon Staten
Wellness Coordinator
Assisted Living

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!



JUNE HIGHLIGHTS

05 19
National Donut Day Hershey Holiday



20 21
First Day of Summer Father’s Day



You Can!

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 our potential so let those words be kind, confident and powerful!

TRANSPORTATION INFORMATION

At this time, we are unable to offer transportation outside of the community.



JULY

04 07
Independence Day Lucky 7 Day

20 27
Moon Day Blue Monday



EXECUTIVE DIRECTOR CORNER

When we think of July we normally think of Freedom and Celebration. This year those sentiments aren’t as strong as we don’t have the freedom or ability to celebrate with loved ones like we normally would. As we continue to monitor the situation that is outside our community, we are starting to put plans in place that will ensure we are ready and able to open our community as soon as it is safe to do so. We will continue to encourage the facetimes calls and keep everyone updated through pictures and emails from our Life Enrichment team that is working tirelessly to reach every resident multiple times a week.

-Allison O’Shea