

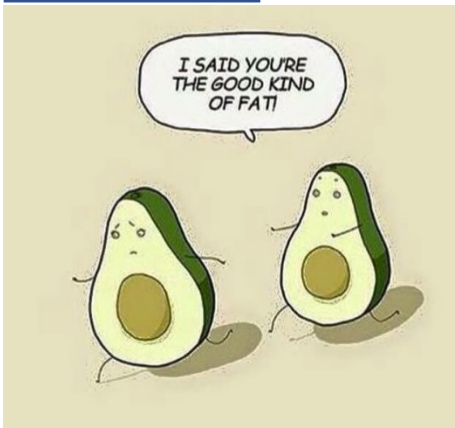


Celebrating Birthdays in SEPTEMBER

1st- Margaret Carter
12th- Sheila Boes
14th- Norma Jones
17th- Dennis Carter
20th- Speight Bird
23rd- Glenda Carter
23rd- Norris Edge
25th- Alice Braswell



CULINARY



CHEF'S SIGNATURE RECIPE

SOY GINGER BAKED CHICKEN WINGS

INGREDIENTS

1 2-inch piece of ginger, peeled, sliced
3 large garlic cloves, crushed
¼ cup honey
2 tablespoons soy sauce
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.

LAKE BOONE CONNECT

SEPTEMBER 2020



RESIDENT BOARD

We would like to officially thank all of our residents who have volunteered their time and energy to be on our community's Resident Board, along with those residents who have volunteered to be a part of one of its sub-committees. The Building & Grounds, Culinary, and Ambassadors committees have already initiated positive change in our community! These residents will help relay the concerns, suggestions, and expectations of the general resident population in

Independent Living. Our Executive Team looks forward to working closely with all of you, and we appreciate your commitment to helping us continue bettering our community and growing the relationship between residents and associates. We are a family, and this is one more step in solidifying that in our daily pursuit to serve our residents!



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COMMUNITY MANAGEMENT

Allison O'Shea
Executive Director

Rachel Carver
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

Chelsea Gray
Marketing Manager

J'mi Walker
Resident Care Manager

\$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!



ASSOCIATE SPOTLIGHT

Jessica Souza graduated from NCSU in May 2019 and is interested in Clinical Psychology and Gerontology. She plans to apply to graduate schools to obtain her Master's degree and further pursue these interests. Her volunteer experience with older adults prior to Lake Boone helped her realize her love of working with this population! We have been fortunate to have Jessica as one of our wonderful Concierges. Now you will see her in a new role: our Life Enrichment assistant in the Asheville (Assisted Living) and Outer Banks (Memory Care) neighborhoods! She is excited about the opportunity for more relationship building with residents, 1:1 time, and helping to improve the quality of life of the residents who live there. Jessica's family is from Brazil, but her parents moved to Raleigh before she was born. She has 1 younger sister who was adopted from China and her extended family still lives in Brazil. Due to the cultural diversity in her family, Jessica is fluent in Portugese and proficient in Spanish. She stays busy with school and volunteer work, but in her free time, she loves the outdoors and walking and hiking with her dog. We are so lucky to have Jessica in our Lake Boone family!



AUGUST HIGHLIGHTS



WELLNESS AT WALTONWOOD

Food is a very powerful thing. It can unite friends and family around the table, fuel an active lifestyle, and provide the key nutrients essential to feed a growing body. It's no wonder that the dietary choices we make have a direct impact on our overall health and well-being. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improve immune health, and can potentially reduce the inflammation associated with arthritis. By limiting the number of packaged, processed foods and maximizing a variety of fruit, vegetables, whole grains, lean proteins, and healthy fats, you can help ensure your body is getting the necessary nutrient rich fuel it so desperately needs. So the next time you sit down for a meal, take a look at your plate because the only thing better than a tasty dish is a powerful plate!

SEPTEMBER EVENTS



Kentucky Derby Day Fun - Hats & Mint Juleps!

Grandparent's Day with a Cruise Send Off from the balconies!

Two Week Cruise with Singh Lines on the Waltonwood Ship!

Ports of Call are: Cuba, Brazil, Peru then Ireland, Holland, and Turkey. *Bon Voyage!*

EXECUTIVE DIRECTOR CORNER

Change is never easy but as a community, we are fortunate that our team's recent changes have occurred due to retirement and a new baby!

With pleasure, I would like to announce 3 additions to our Executive team here at Waltonwood Lake Boone. Chelsea Gray is our new Marketing Manager and comes to us from Waltonwood Cary. Chelsea has been with Waltonwood Senior Living for over 3 years, and we are very excited for her energy and passion about bringing new neighbors to our community.

Rachel Carver is our new Business Office Manager. Rachel comes with over 10 years of experience in Business Management and overseeing a very successful concierge team. She has jumped right in, but please be patient as she gets accustomed to all of the detail her position is responsible for.

Towana Murrell-James has joined us as our Memory Care Wellness Coordinator. Towana comes to us from Sunrise Senior Living where she was the Wellness Coordinator for many years. Towana is the perfect person to oversee the care of our residents in our Outer Banks neighborhood.

We are lucky to have found such qualified and passionate individuals to join our team! Please welcome them to the family!

Allison O'Shea, Executive Director