



## CHEF'S DELIVERIES

9

Wiener schnitzel day

11

Taste of Honey Day

22

White Chocolate Day

28

Strawberry Cream Pie Day

## CHEF'S SIGNATURE RECIPE

Soy Ginger Baked Chicken Wings

### Ginger-Soy Glaze

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



Celebrate with  
us Assisted  
Living Week

September  
13 – 19<sup>th</sup>



FRIENDS & FAMILY REFERRAL PROGRAM!

**\$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

SEPTEMBER 2020



## Exploring New Possibilities

There are so many benefits of learning something new. For example, when we learn a new skill or subject, we satisfy our curiosity, feel a renewed sense of purpose, strengthen our minds, stimulating curiosity and increase our self-confidence.

In addition, we push ourselves past our comfort zone and discover new things, not only about the skill or subject, but also about ourselves.

Often times learning a new skill or practice becomes a positive distraction from the routine of our lives.

We are so blessed to live in a day and age where we have abundant learning opportunities easily accessible at our finger tips. Learning a new skill or subject has never been easier

We can look on YouTube to learn plumbing, how to play an instrument or how to play a sport. We have podcasts at our disposal that teach about any subject under the sun.

The internet supplies countless resources to guide us as we navigate our way through any topic.

So, what's holding you back? What is something new you are going to try this month?

## COMMUNITY MANAGEMENT

**Allison O'Shea**  
Executive Director

**Rachel Carver**  
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

**Chelsea Gray**  
Marketing Manager

**J'Mi Walker**  
Resident Care Manager

**Towana Murrell-James**  
Wellness Coordinator  
Memory Care

**Sharon Staten**  
Wellness Coordinator  
Assisted Living



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 Portuguese 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!



TRANSPORTATION INFORMATION

We will be continuing scenic drives this month!



AUGUST HIGHLIGHTS

07

National Waterballoon Day

12

Cool Treat Day

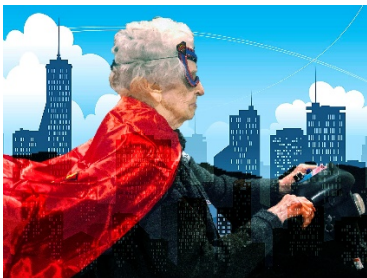


19

World Photo Day

28

“I Have a Dream Day



A Purposeful Plate

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 wellbeing. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improves 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

05

Run for the Roses  
Kentucky Derby

07

Labor Day

13

Grandparents Day  
\*\*Assisted Living Week  
(13-19)

22

First Day of Autumn



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