



# Celebrating Birthdays in January

4<sup>th</sup> Anne McLaurin  
14<sup>th</sup> Mona Donald  
26<sup>th</sup> Wade Brannon  
28<sup>th</sup> Sheila Johnson



FRIENDS & FAMILY REFERRAL PROGRAM!

\$3,500 RESIDENT REFERRAL BONUS

## CHEF'S DELIVERIES

6

Ephiphany Day

27

Winter Flavored Popcorn

15

Croissants Day

29

Snow Cones

## CHEF'S SIGNATURE

### RECIPE Ginger Bread Cookies

#### INGREDIENTS



- 3/4 cup unsalted butter
- 3/4 cup brown sugar, packed
- 3/4 cup molasses
- 1 teaspoon salt
- 2 teaspoons [cinnamon](#)
- 2 teaspoons ground ginger
- 1/4 teaspoon allspice or cloves
- 1 large egg
- 1 teaspoon [baking powder](#)
- 1/2 teaspoon baking soda
- 3 1/2 cups [King Arthur Unbleached All-Purpose Flour](#)

#### INSTRUCTIONS

In a saucepan set over low heat, or in the microwave, melt butter, then stir in the brown sugar, molasses, salt, and spices. Transfer the mixture to a medium-sized mixing bowl, let it cool to lukewarm, and beat in the egg. Whisk the baking powder and soda into the flour, and then stir these dry ingredients into the molasses mixture. Divide the dough in half, and pat each half into a thick rectangle. Wrap well, and refrigerate for 1 hour or longer. The dough may be sticky and hard to roll if not thoroughly chilled, so make sure it's cold before continuing. Preheat your oven to 350°F. Get out several baking sheets; there's no need to grease them, though lining with parchment saves effort on cleanup. Once the dough has chilled, take one piece of dough out of the refrigerator, and flour a clean work surface. Roll the dough 1/8" to 1/4" thick; the thinner you roll the dough, the crispier the cookies will be. Flour both the top and bottom of the dough if it starts to stick. Alternatively, place the dough on parchment, and put a sheet of plastic wrap over it as you roll, pulling the plastic to eliminate wrinkles as necessary when rolling; this will keep dough from sticking without the need for additional flour. Cut out shapes with a floured cookie cutter, cutting them as close to one another as possible to minimize waste. Transfer the cookies to ungreased cookie sheets (or, if you've rolled right onto the parchment, remove the dough scraps between the cookies). Bake the cookies just until they're slightly brown around the edges 8 to 12 minutes, or until they feel firm. Let the cookies cool on the baking sheets for several minutes, or until they're set. Transfer them to a rack to cool completely. Repeat with the remaining dough. Decorate the cookies with Royal Icing or Simple Cookie Glaze and food safe markers. Preheat the oven to 425°F\*. De-stem the peppers, then cut each in half. Place in a bowl with the olive oil and 1/4 tsp of salt, and toss well to coat. In a large bowl, stir to combine the goat cheese, parmesan, garlic, jalapeno, and black pepper. Fill the cut peppers with small spoonfuls of filling.

# LAKE BOONE CONNECT

JANUARY 2021



Here's a toast to the future, a toast to the past, and a toast to our friends, far and near. The past a bright dream; may our friends remain faithful and clear for a bright New Year. A fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold. Here's to those who've seen us at our best and seen us at our worst and those who can't tell the difference.

## Making 2021 Goals

As we enter 2021, know that you are never too old or young to create a new goal for the year. This could be a new skill to learn, taking time for your health by moving more, or to make a new friend. When you make your goal, follow these simple steps and make it **SMART**.

**S: Specific.** Make sure that the goal is clear as written

**M: Measurable.** Any metric requirement in the goal should be clearly defined and have specific numbers attached to it.

**A: Achievable.** The goal should be within your ability to be accomplished and is not some crazy "pie in the sky" dream. Like, losing 50 pounds in a month.

**R: Relevant.** The goal should personally matter to you and is worth your time and effort.

**T: Time-bound.** There should be specific starts and stop date for the goal, including all the relevant steps and milestones along the way.



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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

**Jean McDermott**  
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

Shanetta Tyson is one of our amazing Housekeeping associates! You will usually find her working hard in Independent Living, but she helps out in Assisted Living or Memory Care when needed. Shanetta joined our community when our Housekeeping Supervisor, Kiki, asked her to come onboard the team. They’d worked together at Hillcrest so Kiki knew what a wonderful associate she is! Shanetta is a Raleigh native and mom to dog, Missy, a chihuahua and terrier mix. She has 5 brothers and 1 sister. Family is very important to her, and she loves the sense of teamwork and family here at Lake Boone. When she is not at work, she enjoys spending time with her family, her dog, visiting the beach, a theme park, or at a theater with friends. Shanetta believes it is important to keep God first and then family. She lives by the mantra, “Stay strong and don’t let anyone put you down.” Many compliment Shanetta’s work ethic and good nature; she is able to do her job well and enjoy relationships with residents and team members. Her positive attitude, friendliness, and smiles are just a few of the reasons she is an asset to our community. We are beyond blessed to have her caring for our community and residents here at Waltonwood Lake Boone!



DECEMBER HIGHLIGHTS



Holiday Carts, one on one time & crafts



**Remembering Our Neighbors:** There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love. – *Washington Irving*

The sun has set on some pretty amazing lives in 2020



John Murdock



Frankie Greene



Elizabeth Rouse



Dot Holland



Betty Thomas



Ronald Norwood



Delmiro Bueno



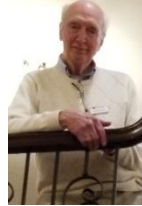
Jack Phillips



Dr. Barbara Krasner



Bill Rouse



Jim Masson



Don Powell



Charlotte Swart



Eleanor Rasumsen

January

01

New Years Day

18

Martin Luther King Day

06

Epiphany

29

National Wig Day



EXECUTIVE DIRECTOR CORNER

*When I think about 2021 and what it will bring, the word that comes to mind is HOPE. By definition, hope is “to cherish a desire with anticipation; to want something to happen or be true.” 2020 was a year that will never be forgotten and even though there are many things I’d like to leave behind, I believe 2020 taught us a new appreciation for people and experiences we had taken for granted. So, I have HOPE that 2021 will allow all of us to move into a new year with gratitude and an appreciation for the things we missed in 2020, and an excitement to put 2020 behind us and have more “normal” interactions and experiences. Happy New Year!*

*Allison O’Shea, Executive Director*