



## Celebrating Birthdays in JANUARY

4<sup>th</sup>- Ida Ruth Halsted

5<sup>th</sup>- Bernice Preston

7<sup>th</sup>- Jerry Jones

11<sup>th</sup>- Cathy Boyle

18<sup>th</sup>- Kermit Braswell

21<sup>st</sup>- Alta Chalmers

24<sup>th</sup>- Doris Stanley

30<sup>th</sup>- Marcia Johnson



## CHEF'S SIGNATURE RECIPE:

### *Gingerbread Cookies*



- 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
1. In a saucepan set over low heat, or in the microwave, melt butter, then stir in the brown sugar, molasses, salt, and spices.
  2. Transfer the mixture to a medium-sized mixing bowl, let it cool to lukewarm, and beat in the egg.
  3. Whisk the baking powder and soda into the flour, and then stir these dry ingredients into the molasses mixture.
  4. 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.
  5. 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.
  6. 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.
  7. Cut out shapes with a floured cookie cutter, cutting them as close to one another as possible to minimize waste.
  8. 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.
  9. Decorate the cookies with Royal Icing or Simple Cookie Glaze and food safe markers.

## \$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

JANUARY 2020



SINGH

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## WHAT ARE YOUR HOPES FOR 2021?

“Our #1 hope is that people stop dying from COVID-19. On a personal level, we would like to get the heck out of this apartment at dinner time.” Bob & Doris

“Improvement in my mobility, an end to the threat of COVID, a new president, and ‘whirled peas’.” Dave Butler

“My main hope is to get some distance between 2020 and me (mankind). I hope to become more active, nurture more friendships, be less of a recluse, see what Waltonwood was like pre-COVID, be more mindful, and finally put curtains in my bedroom. Oh, and lose the 20 lbs the Culinary staff put on me! Willingly, I might add!” Mary Lib Bird

“My hope is that we all get through this safely and are finally able to hug our families again.” Sheila Boes

“That my rent check gets to Michigan on time.” Denny Glenn

I hope we, who have been deprived of many of our ‘luxuries’ in 2020, will learn to love what we have and be more willing to share with those who have less.” Dennis Carter

“2020 taught us to hold close family and friends and to reach out to those hurting. We are hoping 2021 brings, for all, less stress, kids back in school, people back to work, families able to spend time together and most of all, good health...our new normal.” Edie & Ernie

“I hope that in 2021 the virus will be defeated and we can live a normal life again. Being able to meet family and friends would be great, end all wars, and live together in unison.” George Dramis

“I do look forward to going back to eating in the Dining Room with tablecloths, cloth napkins, and a fully set table. I hope we can resume trips to the Symphony, shopping, plays at Memorial Auditorium, and trips around Wake County. I hope for greater health for all of us and our families!” Doyle Long

“In 2021: (1) I hope that we will see COVID-19 conquered with the use of the vaccine. (2) I hope for a good recovery in unemployment and the economy. (3) I hope and pray there will be a calm spirit pervading our world with a strong belief that we are God’s people!” Kermit B.

## 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

FRIENDS & FAMILY REFERRAL PROGRAM!



## 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



## WELLNESS AT WALTONWOOD

Finally! January is here, 2020 is over and 2021 has arrived ready to offer a new sense of hope. Last year was tough, maybe even the hardest year of our lives. We lost so many traditions, milestones, and celebrations to a circumstance far beyond our control. It would be so easy to look back and dwell on what could have been, wondering "What if?" While you have every right to reflect on the past twelve months, I encourage you to shift your hopes to the next twelve to come. Take this opportunity to embrace the progress we've made and know this progress puts us one step closer to the way things used to be. There's no doubt the road ahead will still be bumpy but step into the new year with the hope and conviction that 2021 will truly be a healthy, happy new year!

*"It's amazing how a little tomorrow can make up for a whole lot of yesterday."*

*John Guare*

## JANUARY EVENTS

- ❖ Let's make snuggly fleece blankets and toys for the animals in the Raleigh Shelter!
- ❖ Legacy Letter Memories for your loved ones!
- ❖ Technology 1 on 1 classes with Abby!
- ❖ Virtual Symphonies: Jingle with NC Symphony, A Winter's Eve, and continuing Friday Favorites!
- ❖ Playstation video games to include Jeopardy & Family Feud!
- ❖ Winter Wonderland Outdoor Event! Let's enjoy winter with s'mores over the fire, snowballs, music, and more!
- ❖ New crafts with practical uses: Bless You mason jar tissue holder, Password Saver mini books, scented soaps, and cord holders for your technological devices!
- ❖ Valentine's Day cards for children in the hospital!



## 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