

## NEWS FROM THE MAGNOLIA DINING ROOM

### DATES

#### Monday, April 5

The meal delivery fee of \$5 is reinstated.

To-Go orders are available. See memo for details.

#### Sunday, April 4

Easter Brunch | 11am-2pm

#### Wednesday, April 14

Café will reopen with seating and a new menu.

#### Sunday, April 18

Brunch will not be served. Normal dinner service will be provided.

### AS A REMINDER...

Utilize the comment cards provided on your dining table to recognize servers who have done a good job. We will give the “kudos” to the server and also reward them with Waltonwood points. These points can be used towards additional paid time off.

Please be aware of the amount of food you take to your apartment. Of course, a piece of fruit, a pastry, or a cookie is completely acceptable! We simply ask you to be mindful of taking more than your share of items after eating a full breakfast in the dining room.

Though we are working on expanding seating times, the 5pm dinner crowd is expanding. Should anyone like to move to the 6:30pm seating, please contact Bryan or Patrick and the change will be made immediately.



# LAKE BOONE CONNECT

APRIL 2021



## Dare I say, bright days are ahead.

Could we finally be slowly coming out of these dark days? After such a trying year, spring is a fitting season to begin our next phase of opening. It is hard for me NOT to compare our current chapter of life to this glorious, spring season. This transition to spring is one we are feeling ourselves, both emotionally, mentally, and physically. These past 12 months have taught us many lessons. For me, it's been an important reminder to love endlessly, forgive easily, and, most importantly, show grace.

Over the last few weeks, I have had the pleasure of spending one-on-one time with many of you. I am in awe of your stories and experiences, and impressed by your skills and interests. We all have a common thread... we are human and we've been in survival mode. It's time to take our frustrations, our sadness, and our sense of loss and muster up all our energy and bloom!

Let the new life and growth around us be a gentle reminder that our surroundings, our neighbors, our families, our employees, and (even) ourselves are all perfectly flawed. Please, join me, as we embark on the season of spring together. Let's embrace the change and transition with grace and appreciation.



Heather Rook



*Redefining Retirement Living*

SINGH

3550 Horton Street, Raleigh, NC 27607

[www.waltonwood.com](http://www.waltonwood.com) | 984-232-0528

Facebook: /WaltonwoodLakeBoone

## COMMUNITY MANAGEMENT

**Allison O'Shea**  
Executive Director

**Rachel Carver**  
Business Office Manager

**Bryan Minton**  
Culinary Services Manager

**John Carr**  
Environmental Services  
Manager

**Heather Rook**  
Independent Living Manager

**Shelly Levin**  
Life Enrichment Manager

**Chelsea Gray**  
Marketing Manager

**Lauren Higdon**  
Marketing Manager

**J'mi Walker**  
Resident Care Manager

**Natalie Dixon**  
Assisted Living Wellness  
Coordinator

## APRIL BIRTHDAYS

8<sup>th</sup> - Ernie Rich

11<sup>th</sup> - Susan Peoples

12<sup>th</sup> - Nancy Cook

19<sup>th</sup> - Rebecca Crosson

20<sup>th</sup> - Doug Wilson

25<sup>th</sup> - Janie Kinlaw



HAPPY BIRTHDAY!

## \$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 Lauren or Chelsea for details.

FRIENDS & FAMILY REFERRAL PROGRAM





## ASSOCIATE SPOTLIGHT

**Asia** has been a Concierge since November 2019. She came to Waltonwood for a change of pace thanks to another Concierge telling her how wonderful it is to work here! Asia has proven to be an amazing addition to the team. One of the many reasons she loves her job is because of the personal connections and relationships she's developed with residents and families.

Originally from Oregon, she moved to North Carolina with her mom and stepdad. She frequently goes back to her home state to visit her family who is still there. (With the exception of this year, unfortunately. She'll get back there as soon as traveling is safe.)

Painting, photography, drawing, playing video games, and learning new skills such as cross stitch are just a few of her interests that keep Asia busy when she's not working. Once football season is upon us again, you may hear her cheer for the Panthers. However, her heart belongs to the Seahawks.

She is preparing to attend Wake Tech. Once she has a few classes under her belt, she plans to transfer to UNC or Duke to become a physical therapist.

Always having a positive outlook and attitude is something she strives for every day. This certainly is evident in her cheery disposition. **Thanks for all you do, Asia!**



## MARCH HIGHLIGHTS



## WELLNESS AT WALTONWOOD...

### Welcome, John King!

If you haven't already met John, now is your opportunity. John is in full swing as our new Forever Fit Coordinator. His expertise and his energy will get you up and moving. Get ready to flex those muscles!

### A Sunny Spring!

Spring is finally here and with it comes longer days, warmer temperatures, and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step outside and take some of those rays in. When done in moderation, regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall well-being. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day can actually help you achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. Adding a few minutes of outside time to your daily routine can help ward off some of the seasonal blues that tend to set in over the dark, cold winter months. So, do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

## APRIL EVENT HIGHLIGHTS



Sunday, April 4 | 10am - **Easter Service** will be held in the courtyard led by our own Rev. Braswell with music and singing by Waltonwood residents. **Easter Brunch** will follow in the dining room from 11am-2pm.



Monday, April 5 and April 12 | 2pm - Are you an avid reader? Join Heather in the library to spearhead a monthly **book club**.



Beginning Wednesday, April 7 | 11:30am - Katie with Bayada and Heather will host a weekly **Caregiver Support Group**. All residents are welcome.



Thursday, April 8 - Richard from **Movercise** will be back. Time TBD.



Saturday, April 10 | 10:30am - **Quilted Art Exhibit**. Our very own Cathy Boyle will showcase her work.



Tuesday, April 13 | 10:30am - Spend time **meeting and greeting** with Heather.



Tuesday, April 13 | 3:30pm - **Christian the pianist** will perform.



Friday, April 16 | 4pm - **Strawberry Festival!** A charity event benefitting the Food Bank of Central NC.

## EXECUTIVE DIRECTOR CORNER

Spring is officially here and, just like the bees, our community is starting to buzz and come alive with energy and excitement! We have so much to look forward to this month with easing restrictions in Culinary, Life Enrichment, and visitation. I look forward to seeing residents out and about enjoying all the community has to offer.

We are so excited to have Heather Rook as our new Independent Living Manager. She has spent time with residents and has already proven to be a wonderful asset to Waltonwood. Please reach out with any concerns, questions, or comments... we are here to listen.

Allison O'Shea, Executive Director