

## NEWS FROM THE MAGNOLIA DINING ROOM

### DATES

**Sunday, July 4 | 11am-2pm**

Fourth of July Celebration!

Dining Room

**Thursday, July 15 | 5pm**

Resident birthday dinner with Allison

*July birthdays, look for your invite!*



# LAKE BOONE CONNECT

**JULY 2021**



## INDEPENDENCE

Eating hot dogs and hamburgers, watching fireworks, getting whiffs of charcoal and sunscreen, crackin' open a cold beer, devouring some variation of that blueberry/strawberry/whipped cream dessert: all the makings of a successful Fourth of July celebration.

This is the day our Nation gained independence from the British. We celebrate this occasion the same way every year. Year after year. A routine, so to speak.

This year, let's celebrate our *own* independence and individuality. Why wait an entire year to celebrate that? Let's rejoice knowing we can get back to our pre-Covid routines or establish new routines. Everyone's idea of independence is certainly different, but we all have one thing in common - we need, and thrive on, our own freedoms.

It feels great, doesn't it? Removing the mask, getting back out in to the world, visiting with family, eating in a restaurant... the list goes on. Whatever freedom and independence means to you; embrace it, celebrate it, and, by golly, enjoy it!

Let's party like it's 1776.

♥ Heather Rook



*Redefining Retirement Living*

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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

**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

## JULY BIRTHDAYS

5<sup>th</sup> - Eunice Geist

7<sup>th</sup> - Gene Hester

15<sup>th</sup> - Sylvia Redwine

20<sup>th</sup> - Maxine Johnson

25<sup>th</sup> - Dave Butler

25<sup>th</sup> - Joe Christian

27<sup>th</sup> - Sandy Wilson



### TO NOTE...

Many of you may have seen the mismatched silverware being used in the Dining Room. More silverware has been on order for months and, due to Covid, supply chain issues have caused a delay in Waltonwood receiving the order. Until the shipment arrives, let's just say this is all part of the charm. =)

Let's talk cell phones. Please be mindful of the cell phone use in the dining areas, fitness classes, outings, and while participating in activities. Set your phone to silent and excuse yourself if you must take the call.

For the privacy of both you and the caller, please refrain from using speaker phone while in all dining and common areas.

## \$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

**Greg Harrison** is one of our housekeepers who jumped right in on day one! Greg was born and raised in Raleigh and is a graduate of Broughton High School. His positive attitude is one that does not get overlooked by residents or other team members. Even on his worst day, Greg puts other people first in everything he does. When asked what he likes about his job and Waltonwood, he answered without hesitation: "I enjoy making people smile. The residents here at Waltonwood have paved the way for my generation and it's our turn to take care of them and let them relax." His dedication to others doesn't stop at work. Greg is still active with the sports department at Broughton by helping kids achieve their goals. He enjoys sightseeing and doing new things especially with his family as they are very close. **Greg is a wonderful addition to the Waltonwood team. Thank you, Greg!**



## A Fresh Start.

A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months, however, have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, *"life gets in the way"* and that's ok, the good news is that it's never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now's the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest self. While many of us are ready to reestablish our exercise routine, many of us don't quite know where to begin. By taking some time to meet with our fitness guru, John. Whether for just a few quick questions or a full assessment, he can help identify your strengths, pinpoint your weaknesses, and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let John help you reclaim the health and fitness that lets you feel your very best.

## JULY EVENT HIGHLIGHTS

### OUTINGS

Friday, July 9:

Step-On Tour. Love & Scandal

Friday, July 16:

Pontoon Boat Tour on Jordan Lake

Wednesday, July 21:

Step-On Tour. Civil War - back by popular demand!

### SPECIAL EVENTS

Sunday, July 4:

Fourth of July Brunch and Special Prize Bingo Game

Thursday, July 8:

Community Picnic at Jordan Lake with Waltonwood Cary

Saturday, July 31:

Fitness Saturday with our own John King

## JUNE HIGHLIGHTS



## EXECUTIVE DIRECTOR CORNER

A huge thank you for bearing with us as we work through our labor shortage in many of our departments. As you are aware, this is a national, cross-industry crisis. We are working very hard to continue to provide the highest level of service and uphold our Waltonwood standards.

Please also note that multiple vendors we contract with are experiencing the same issues. This is impacting their work here at Waltonwood, as well as getting us supplies/parts we need.

Being totally transparent about our employment status is extremely important to us - you all deserve to be in the know. Again, thank you.

Allison O'Shea, Executive Director