



The Chef's Corner

Special Snack Carts for August:

- 10/4- Cinnamon Rolls
- 10/14- Gingerbread Cake
- 10/21- Apple Turnovers
- 10/26- Pumpkin Bars
- 10/28- Fudge Brownies



LAKE BOONE CONNECT

OCTOBER 2021



Redefining Retirement Living

SINGH

3560 Horton Street, Raleigh, NC 27607
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 Facebook: WaltonwoodLakeBoone

RESIDENT & ASSOCIATE BIRTHDAYS

RESIDENTS

ASSOCIATES

Bertello Gonzalez	10/1
Patricia Hoskins	10/2
Shelly Levin	10/4
Britaina Mayo	10/5
Tiarra McFarland	10/9
Teresa Watkins	10/13
Nalinie Setal	10/14
JadaMarie Alexander	10/16
Kevin Tangherlini	10/25

National Pumpkin Day is October 26th!

How to Harvest Pumpkins

- Cut pumpkins from the vine with a sharp knife or garden lopper. ...
- Pumpkin vines can be prickly, so protect your skin by wearing gloves and long sleeves when harvesting.
- Handle pumpkins with care to avoid nicking or bruising the skin.
- Lift and carry pumpkins by slipping your hand under the bottom of the fruit. Do not lift or carry a pumpkin by the stem; a heavy pumpkin can detach from the stem, fall, and crack or break.



UPCOMING EVENT HIGHLIGHT

Be sure to mark your calendars for:

4th and 18 th - 2:30pm	Pet Therapy
7 th – 2:30pm	Movercize with Dick Hensley
12 th – 2:30pm	Christian entertains on the piano
13 th & 27 th – 2:30pm	Music Therapy with Rachel
24 th -10:30am-1pm	Alpacca outing
29 th -- 2:30pm	Worship with Tom and Diane
Fridays @ 2:30pm	Arm Chair Travel



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!

COMMUNITY MANAGEMENT

Allison O'Shea
Executive Director

Shelly Levin
Independent Living Life
Enrichment Manager

Alex Baez
Culinary Services Manager

John Carr
Environmental Services
Manager

Heather Rook
Independent Living Manager

Madison Childs
Assisted Living Life
Enrichment Manager

Chelsea Gray
Lauren Higdon
Marketing Managers

J'Mi Walker
Resident Care Manager

Natalie Dixon
Assisted Living Wellness
Coordinator

Jean McDermott- Memory
Care Life Enrichment
Manager

October 2021
ASSOCIATE SPOTLIGHT

Lauren, is such a valuable member of the concierge team. Her positive attitude is contagious! She is originally from the small town of Princeton, NC and now lives in the “big city.”

She was looking for a part-time position and, in her words, she found a passion in caring for seniors and gained a wonderful work family! When asked what Lauren loves the most about her job, she responded, “I enjoy talking to and helping the residents. I love listening to their stories, each one has a unique background. Whether it is helping fill out menus, making coffee, or simply engaging with everyone... I love what I do and it brings me so much joy!

At home, Lauren has two black cats - Hallie and Dragur - they are her whole world! Watching true crime shows or listening to podcasts with her cats on her lap is a perfect way for her to unwind. Something we didn't know about Lauren is she attempted to make it as a professional singer by starting a YouTube channel. We all want to see that channel! 😊

Thank you, Lauren, for finding your way to Waltonwood. We are lucky you're part of the team!



OCTOBER FLOWER – Marigold

The Primary birth flower for October is the Marigold, and is native to the Americas, Asia and Europe. They occur in warm golden, yellow and white colors and sometimes have maroon accents. The common name Marigold originates from “Mary’s Gold”, an earlier name given to one of these beautiful flowers.



SEPTEMBER HIGHLIGHTS

2

Movercize with Dick Hensley

8

Music Therapy with Rachel

28

Howling Cow Creamery Outing

29

Fall gardening courtyard spruce up.



OCTOBER EVENTS

6

Scenic Drive and Hot Dogs

12

Christian Entertains



18

Outing to the Alpacca Farm

28

Trunk or Treat!



Building Better Bones.

While many of us exercise to keep strong and healthy muscles, the benefit to our bones is just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age, the need to combat the decline becomes more essential. A regular exercise program including activities like walking, hiking, and strength training is the perfect formula for better bones at any age.

EXECUTIVE DIRECTOR CORNER

I know everyone has been curious and anxious about getting the COVID-19 booster shot. Back in the early part of 2021, Walgreens provided our community with the Moderna vaccine. As of right now, there has not been recommendation for those who received the Moderna vaccine to get a booster. Walgreens continues to be our vaccine support and they will be our guide through the most current recommendations regarding Covid -19 vaccine boosters. If the recommendations are updated to include those who received the Moderna vaccine, Walgreens will contact us to schedule a clinic. While we wait and see, we hope everyone enjoys all the fun fall programming that is coming your way this month!