



RESIDENT & ASSOCIATE BIRTHDAYS

RESIDENTS

Peggy Custer	10/2
Maria Lado	10/4
David Cockman	10/27

ASSOCIATES

Sophia Gonzalez-Bertello	10/1
Shelly Levin	10/4
Britaina Mayo	10/5
Tiarra McFarland	10/9
Nalinie Setal	10/14
Jadamarie Alexander	10/16
Kevin Tangherlini	10/25

“You’ve Been BOOed”

Be on the watch for someone “ghosting” you this month! You’ll hear a knock on your door and then come out to find a bag of goodies!

How this works...

- 1.) Enjoy the treats
- 3.) Hang the “I’ve been BOOed!” sign on your door to show you have been BOOed.
- 2.) *Keep it going!* Within 2 days decide who you want to “BOO” and secretly deliver a bag of goodies with a “I’ve Been BOOed!” sign.



Look what happened in September...



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!

LAKE BOONE CONNECT

OCTOBER 2021



UPCOMING EVENT HIGHLIGHT

ACTIVE AGING WEEK	10/4 – 10/8
MUSIC THERAPY	10/13 & 10/27
PICNIC OUTING	10/15
NC SYMPHONY	10/22
TRUNK-OR-TREAT	10/28
HALLOWEEN	10/31



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COMMUNITY MANAGEMENT

Allison O'Shea
Executive Director

Alex Baez
Culinary Services Manager

John Carr
Environmental Services
Manager

Heather Rook
Independent Living Manager

Madison Childs
Assisted Living Life
Enrichment Manager

Jean McDermott
Memory Care Life Enrichment
Manager

Shelly Levin
Independent Life Enrichment
Manager

Chelsea Gray
Lauren Higdon
Marketing Managers

J'Mi Walker
Resident Care Manager

Natalie Dixon
Assisted Living Wellness
Coordinator

Towana Murrell-James
Memory Care Wellness

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!



SEPTEMBER HIGHLIGHTS

11th

Broughton High School Appearance!

19th

Singing with the Nancy's!



21st

Waltwonwood Bowling League Kickoff Party!

26th

Dementia Alliance Walk at Fred Fletcher Park!



Building Better Bones

While many of us exercise to keep strong, healthy muscles the benefits our bones get are 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 need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

Be-Leaf It or Not, October's in the Air

While some Octobers mark the first frost of the winter to follow, within days this month often rebounds with warm, near-summer-like weather. It's during these final warm days of the year that farmers rush to harvest the last of their crops. The ancient Romans celebrated this harvest season with festivals throughout the month. October, with its beautifully changing foliage, is also one of the most colorful months of the year. Deciduous trees provide vibrant hues, with leaves that change color before falling to the ground in a carpet of yellows, browns, purples, oranges, and fading reds. The long, sunny days of summer (and the active chlorophyll in the leaves turning sunlight into food) keep the leaves green. When the days shorten and cool in the fall, the green recedes, causing the underlying colors to emerge.



These colorful deciduous trees include the following species:

- Ash (yellow or purplish yellow)
- Oak (red, brown, or russet)
- Red maple (red)
- Sassafras (deep orange or bright yellow)

OCTOBER SPECIAL EVENTS

4-8th

ACTIVE AGING WEEK

15

PICNIC OUTING



22

NC SYMPHONY

28

TRUNK-OR-TREAT



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 that 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 that 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!

Allison O'Shea