



Magnolia Dining Room

Please join us Thursday, December 16th in the Magnolia Dining Room for our annual Christmas Traditional Dinner.

Look what happened in November...

RESIDENT & ASSOCIATE BIRTHDAYS

RESIDENTS

Jean Ellis	12/19
Ann Anderson	12/24
Mary Stall	12/27

ASSOCIATES

Martin Grice	12/5
Amy-Jose Konan	12/7
Angela Brooks	12/11
John King	12/16
Amy Arellano-Perez	12/21
Michael Clegg	12/24
Uwamusi Ovabor	12/16
Heather Rook	12/26



\$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

DECEMBER 2021



Redefining Retirement Living

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www.waltonwood.com | (919)-569-5444
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UPCOMING EVENT HIGHLIGHT

CHRISTMAS LIGHTS BUS TOUR	12/1 & 12/15
TRANS-SIBERIAN ORCHESTRA SHOW BROADCAST	12/7
MUSIC THERAPY WITH RACHEL	12/8 & 12/23
'A PLACE AT THE TABLE' OUTING	12/10
HAYES BARTON HANDBELL CHOIR PERFORMANCE	12/12
CHRISTMAS CAROLERS PERFORMANCE	12/23
CHRISTMAS!	12/25
NEW YEARS EVE CELEBRATION	12/31

COMMUNITY MANAGEMENT

- Allison O'Shea
Executive Director
- Yvette Evita-Gunter
Business Office Manager
- 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 Coordinator

ASSOCIATE SPOTLIGHT – GENE

Gene, our culinary supervisor, is a shining star at Waltonwood! He first came to us as a cook and quickly was promoted to Culinary Supervisor. Originally from NC, Gene has been living in Tennessee for many years. He had the opportunity to be a private chef for a family and a head cook at a well-known Knoxville restaurant. His love for family brought him back to NC.

Prior to cooking, Gene spent 12 years as a Marine and was stationed in Japan, Afghanistan, Iraq, Philippines, Alaska, and Hawaii. He certainly has seen a lot!

Cooking has been one of his favorite things to do and when he was around 37 years old, a mentor of his encouraged him to get a culinary degree. While he worked full-time, Gene completed his degree from Chef's Academy.

When asked what his favorite dish to cook is, Gene said... "Tell me what you want and describe it. I'll cook anything!" He gets so much joy seeing people enjoy eating the food he prepares.

We thank Gene for all he does for the staff and residents. He keeps our spirits high and our bellies full!



NOVEMBER HIGHLIGHTS

9

FOOD BANK OUTING

11

VETERANS DAY



18

FRIENDSGIVING SOCIAL AND DINNER

30

FLEECE BLANKET MAKING



THE GIFT OF HEALTH

No matter the time of year the gift of health is always one that tends to be near the top of our list. It's also one of the few gifts that you and only you can give to yourself making it even more personal and special. The foods we eat, the exercise we get, the rest we take and the stress we manage all directly impact our health and wellness. During this holiday season as our days fill with parties and gatherings and our extra time seems to fade, be sure to take some time each day for yourself. Whether it's a daily walk, an afternoon exercise class or just a few quiet minutes reflecting on what we're thankful for, setting aside some "me time" this holiday season can be the best defense against that holiday burnout. From our family to yours wishing you a healthy, happy holiday season!

Flower of the Month - Holly

December's flower is the holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, particularly Christmas. Holly also symbolizes truth and protection. It grows in temperate and subtropical climates. Holly berries, which can be red, brown, black, green, or yellow, are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.



DECEMBER SPECIAL EVENTS

1st & 15th

Holiday Lights Bus Tour

12th

Hayes Barton Handbell Choir Performance



14th

Santa Social feat. a performance by Christian

17th

Sleigh Rides at Portofino



EXECUTIVE DIRECTOR CORNER

Happy Holidays from your Waltonwood Family,

We are excited to celebrate this month with our residents and families. This past year has made us all appreciate the small things and the valuable time spent with loved ones. I hope this is a sentiment that continues for years to come. We thank you for sticking with us during these most challenging times that not only include the virus, but also the severe staffing challenges and supply shortages. Let's have some fun this month celebrating together. Happy Holidays everyone!

Allison O'Shea