



# The Chef’s Corner

## Special Snack Carts for August:

- 1/04- Chex Mix
- 1/07- Peanut Butter & Banana Sandwiches
- 1/12- Tea Party
- 1/15- S’mores
- 1/18- Honey Cake
- 1/27- Chocolate Cup Cakes



# LAKE BOONE CONNECT

DECEMBER 2021



*Redefining Retirement Living*

SINGH

3560 Horton Street, Raleigh, NC 27607  
[www.waltonwood.com](http://www.waltonwood.com) | (919)-569-5444  
Facebook: WaltonwoodLakeBoone

## RESIDENT & ASSOCIATE

### RESIDENTS BIRTHDAYS

#### ASSOCIATES

Stephens, Latisha	1/1
Harris, Raezarion	1/4
White, Harriet	1/5
Khan, Edith	1/9
Lyons, Isjoliq	1/13
Battle, Chanae	1/14
Mulanga, Bernadette	1/14
Brannan, Wade	1/14
Mcneill, Arizona	1/17
Kastner, Jean	1/25
Brown, Vivian	1/29

## Waltonwood Lake Boone Families Rock!

Each year as the holiday season comes around, our wonderful Waltonwood Lake Boone resident families contribute to a special fund created and led by Waltonwood families to show appreciation to our hard working staff for their service throughout the year. 2021 was no exception. We are humbled by the generosity you have shown! And the staff would like to say a huge “THANK YOU!” It is a pleasure to serve you and your loved ones and we look forward to a fabulous 2022!



## UPCOMING EVENT HIGHLIGHT

Be sure to mark your calendars for:

4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>	Scenic Drives
6 <sup>th</sup> – 2:30pm	Movercize with Dick Hensley
11th- 2:30pm	Christian Entertains
12 <sup>th</sup> - 3pm	Afternoon Tea
12 <sup>th</sup> & 26 <sup>th</sup> - 1:30pm	Music Therapy
25 <sup>th</sup> - 10:30am	Scenic Drive and Donut outing



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

Shanelle Armas  
Executive Director

Yvette Evita-Gunter  
Business Office Manager

Shelly Levin  
Independent Living Life  
Enrichment Manager

Madison Childs  
Assisted Living Life  
Enrichment Manager

Jean Kastner  
Memory Care Life Enrichment  
Manager

Alex Baez  
Culinary Services Manager

John Carr  
Environmental Services  
Manager

Heather Rook  
Independent Living Manager

Chelsea Gray  
Lauren Higdon  
Marketing Managers

J'Mi Walker  
Resident Care Manager

Towana Murrell-James  
Memory Care Wellness  
Coordinator



ASSOCIATE SPOTLIGHT

Erica Collins, a CNA and Med Tech in our assisted living community, is one of our shining stars! Erica has been with us for two years and is devoted to the residents and her colleagues. Before coming to Waltonwood Erica worked at a nursing facility. She knew Waltonwood Lake Boone was the right fit from the beginning... a caring team and wonderful residents in a beautiful community!

Originally from Rockingham, NC, Erica now lives in Raleigh with her one year old daughter, Kyndall. When she is not busy at work, she has her hands full at home. Caring for Kyndall is her number one priority followed by school work. Erica is working to become a social worker and we believe she will do well in this field.

In her downtime, Erica enjoys relaxing with friends. Her favorite reality TV show is “Married At First Sight” – one of her guilty pleasures!

Her favorite part of the job is creating a bond with staff and residents. She loves working hard and having fun!

Thank you Erica, for all you do to help make this community what it



DECEMBER HIGHLIGHTS

113

Christmas Lights Tour  
Painting Gingerbread houses

1415

Santa Visits  
Hot Chocolate Bar



Friendly Fitness

If you’re like many, finding the motivation to exercise during the cold dark days of winter can be a real struggle. Staying active when your mind and body aren’t in sync can be a major roadblock to creating a consistent fitness routine. A great way to beat this barrier is to grab a friend, or two, and tackle those winter workouts together. Exercising with a buddy creates a sense of accountabiliity that has been shown to greatly improve your chances of long-term success. Adding a social element to your routine also helps manage stress, improves emotional wellbeing and increasses overall enjoyment when compared to exercising alone. So, the next time you like skipping a workout and you need that extra motivation get some friends!

JANUARY FLOWER- CARNATION

In early times, carnations were predominantly pale pink and peach, but over the years the availability of colors has grown to include red, yellow, white, orange, purple, and green, as well as bi-colors and frosted varieties. As with roses, different-colored carnations convey different meanings, as shown here...

Light red means admiration. Dark red- deep love; white- innocence; pure love, remembrance; pink- affection and/or a mother’s love.

According to Christian legend, the first pink carnation on earth grew from Mary’s tears when she wept for Jesus as He carried His cross. Therefore, a pink carnation often symbolizes a mother’s unyielding love.

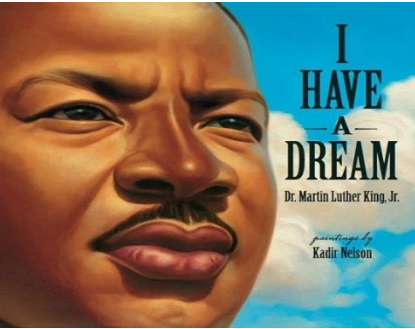


JANUARY EVENTS

112  
Happy New Year! 2022!  
National Hot Tea Day



1725  
Martin Luther King Jr. Day  
Scenic Drive and Donut outing



EXECUTIVE DIRECTOR CORNER

Hello everyone,

I'm thrilled to be ringing in the New Year with this wonderful community. You all have made me feel so welcomed. I'm looking forward to getting to know each of you and your families. Please know, I plan to deliver the highest level of service and excellence to all of you and my door is always open.

Happy New Year!