



RESIDENT & ASSOCIATE

RESIDENTS BIRTHDAYS

ASSOCIATES

Moore, Diane	6/7
Figer Sonny	6/9
Shallal, Dan	6/14
White-Grier, Linda	6/19
Mangum, Deborah	6/20
Owens, Sarah	6/22
Mangum, Lawanda	6/24
Stephens, Betty Sue	6/25
Walker, Virginia	6/26
Clive, Karetha	6/27
Guy, Travis	6/27

The Chef’s Corner

Treats for the Pallet:

- 6/06- Yogurt smoothies with Hannah
- 6/15- Peanut Butter Cookies with Hannah
- 6/17- Root Beer Floats
- 6/28- Fried Chicken in the Park



Men’s Health Month

Anchored by a Congressional health education program, Men’s Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease ad injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.



LAKE BOONE CONNECT

JUNE 2022



UPCOMING EVENT HIGHLIGHT

Be sure to mark your calendars for:

2 <sup>nd</sup> - 2:30pm	Movercize with Dick Hensley
4 <sup>th</sup> - 1:30pm	Poetry Writing with Bartholomew
7 <sup>th</sup> , 14 <sup>th</sup> and 21 <sup>st</sup> - 10:30am	Scenic Drives
14 <sup>th</sup> - 2:30pm	Christian Entertains
1 <sup>st</sup> and 16 <sup>th</sup> - 1:30pm	Music Therapy
28 <sup>th</sup> - 10:30am	Picnic in the Park



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Facebook: WaltonwoodLakeBoone

COMMUNITY MANAGEMENT

- Shanelle Armas  
Executive Director
- Yvette Evita-Gunter  
Business Office Manager
- Shelly Levin  
Independent Living Life Enrichment Manager
- Linda White-Greer  
Assisted Living Life Enrichment Manager
- Jean Kastner  
Memory Care Life Enrichment 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
- Missy Robbins- Assisted Living Wellness Coordinator



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!



ASSOCIATE SPOTLIGHT

Beth is an absolute pleasure to have as a part of our Waltonwood family. She brings amazing energy, patience, and talent to the Life Enrichment team. Originally from the small town of Gloversville in upstate New York, Beth thrives in a small community environment. When she relocated to Raleigh many years ago, she was fortunate to run a small, in-home daycare which gave her the flexibility to care for her three children and help other moms in her neighborhood. That experience taught her so much including the ability to be flexible and the importance of doing what you love. After soul searching and caregiving for her father, Beth knew it was time to get back to her passion... caring for others. When she found Waltonwood, she knew it was the right job for her at the right time. She is quick to say "This job has given me so much joy. Everyone is so appreciative and I look forward to coming to work." Her philosophy is simple, treat others the way she would want to be treated and make every day a good one. We should all adopt that! Thank you, Beth, we are happy to have you on our team!



MAY HIGHLIGHTS

5

Cinco De Mayo

07

Mother's Day Tea

17

Frozen Hot Chocolate

25

Senior Health and Fitness Day



Alzheimer's and Brain Awareness Month

June is Alzheimer's and Brain Awareness Month, an annual observance raising awareness on Alzheimer's disease and other dementias. For years the Waltonwood family has partnered with the Alzheimer's Association to support the mission of a world without Alzheimer's and other dementia. While there still may not be a cure, taking proactive steps and developing healthy lifestyle habits have been shown to slow the onset of the disease and delay its debilitating effects. Much like heart health, cognitive health can benefit greatly from increasing physical activity and exercise, eating a well-balanced nutrient rich diet and effectively managing stress. It's never too early or too late to start taking better care of ourselves, and small changes today can help lead to healthy years to come.

JUNE FLOWER- Rose

When it comes to any kind of special occasion, roses are usually front of mind for millions of people. Birthdays, Mother's Day and Valentine's Day, in particular, are commonly associated with these flowers – after all, roses aren't called the "flower of love" for nothing.

As cut flowers in bouquets, roses can convey a number of different meanings depending on their colour. Red roses are symbolic of romantic love. This is why they're so popular on Valentine's Day and are often gifted to romantic partners. Yellow roses are typically associated with friendship and trust. White roses represent humility, purity, innocence and new beginnings. Pink roses symbolise appreciation, admiration, gratitude and happiness, while orange roses represent desire, boldness and enthusiasm.

The rose is also the national floral emblem of the United States of America.



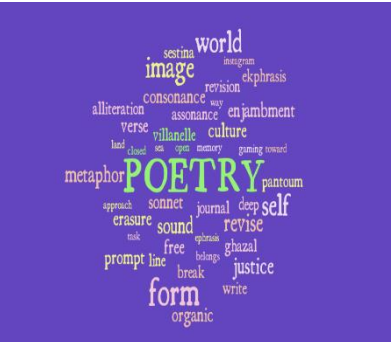
JUNE EVENTS

4

Poetry Writing

19

Father's Day



20

Horse and Buddy outing

28

Picnic in the Park



EXECUTIVE DIRECTOR CORNER

It's June! Our days are growing longer and summer will soon be upon us! Waltonwood Lake Boone residents will be enjoying our North Carolina sunshine and blue skies with picnics in the park, music in the courtyard, and lovely scenic drives. Our kitchen will be cooking up some lighter fare as the weather heats up. Watermelon and ice cream are sure to be a part of the summer fare! And of course we will be honoring our men for Father's Day! While we all enjoy lazy summer days, you can be sure that our staff is working hard to serve our beautiful residents! As always, we look forward to seeing you as you visit!

