

RESIDENT & BIRTHDAYS

- RESIDENTS
- C. Wainwright 6/3
- M. Cornachia 6/4
- R. Grissom 6/4
- F. Lado 6/5
- Rosalie Groth 6/18
- M. Overholt 6/30
- ASSOCIATES
- Diane Shallal 6/4
- Dan Shallal 6/14
- Deborah Mangum 6/20
- Sarah Owens 6/22
- Karetha Clive 6/27

Health & Wellness



Highlight from Waltonwood National Senior Health and Fitness Day. The residents participated in an obstacle course, that included fitness challenges, strenghing and much more.

John our fitness trainer provides a weekly Forever Fit Classes four times day through with differents times to fit the resident's schedule.

Please, find a way to stay motivated and fit exercise into your life.

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 heath, cognitive health can benefit greatly from increasing physical activity and exercise, eating a wellbalanced nutrient rich diet and effectively managing stress. It's never to early or to late to start taking better care of ourselves and small changes today can help lead to healthy years to come.

LAKE BOONE CONNECT JUNE 2022





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!

01



Redefining Retirement Living

SINGH

3550 Horton Street, Raleigh, NC 27607 www.waltonwood.com | (919)-569-5444 Facebook: /WaltonwoodLakeBoone

COMMUNITY MANAGEMENT

Shanelle Armas Executive Director

Yvette Evita-Gunter Business Office Manager

Shelly Levin Independent Life Enrichment Manager

John Carr Environmental Services Manager

Heather Rook Independent Living Manager

Linda White-Grier Assisted Living Life Enrichment Manager

Jean McDermott Memory Care Life Enrichment Manager

Chelsea Gray Lauren Higdon Marketing Managers

J'Mi Walker Resident Care Manager

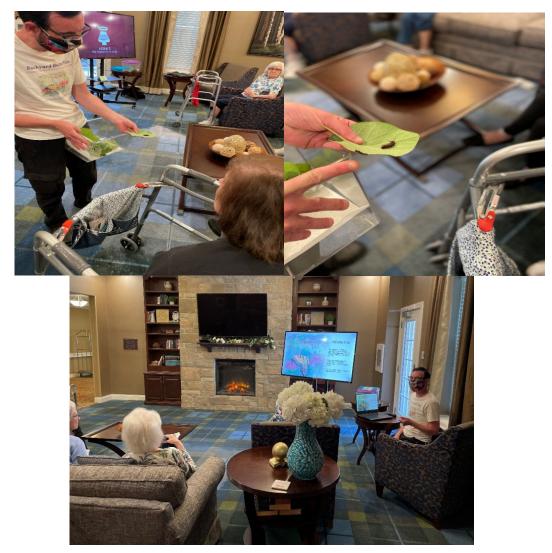
Missy Robbins Assisted Living Wellness Coordinator

Towana Murrell-James Memory Care Wellness Coordinator

Save the Date for Camp Waltonwood at Lake Boone

Join us as we host Camp Waltonwood on Saturday, July 23, 2022 from 11am-1pm. This intergenerational event will be filled with music, games and even horses! Look for more information on our Kicking it Country Camp Waltonwood in the weeks to come!





Butterfly Presentation

Resident's throroughly enjoyed the butterfly presentation learning about the lifecycle of a butterflies.



ASSOCIATE SPOTLIGHT

Beth, Life Enrichment Assistant

June HIGHLIGHTS



Technology For Seniors

As more and more of the world becomes interconnected with smart phones and social media, knowing and understanding how to use technolgy is becoming an increasingly important skill. Many Seniors may feel left behind as things become digital, but that dosent's mean that they can't start learning how to use technolgy. After all, everyone starts with no knowledge of how to use a computer or a cell phone.

Float Social

The community will start a Technolgy Program that will assist our residents with help on how to use smart phones, computers, and social media. Its **TECH-TUESDAY**! Montior your events calendar for dates and times.

June

June is a summer Month in the northern half of the world and winter month in the southern half. It is Juni, the goddess of youth. June's birth flower is the "ROSE". June is the sixth month in the Gregorian calender and has 30 days.



Father's Day in the United States is on the third Sunday of June. It celebrates the contribution that fathers and father figures make for their children's lives. Its origins may lie in a memorial held for a large group of men, many of them fathers, who were killed in a mining accident in Monongah, West Virginia in 1907.



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!