



Life Enrichment Treats

Treats for the Pallet:

9/02-City Barbecue for Lunch

9/04,11,18,25- Sunday Ice Cream

9/06- Cookies for Grandparent's Day

9/09- Donut Drive

9/16- Burgers and Shakes at 55 Grill

9/3,10,17,24- Tea and Trivia



LAKE BOONE CONNECT

SEPTEMBER 2022



Redefining Retirement Living

SINGH

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

RESIDENT & ASSOCIATE BIRTHDAYS

Mitchell, Jasmine	9/2
Oko Onguiti, Raissa	9/3
Valdiviezo, Alicia	9/5
Hough, Sarah	9/14
Dobbie, Elizabeth	9/22
Polk, Dorothy	9/23
Harrison, Gregory	9/29

World Alzheimer's Month

Alzheimer's disease is the most common form of dementia, affecting about 6 percent of people 65 and older. Although it may seem like just a typical disease for older people- it is, in fact, not a normal part of aging. The disease affects parts of the brain that control memory, thought, and language. There is no cure, but experts think that lowering blood pressure, exercising, and not smoking may reduce the risk.



Here are a few suggestions of how to observe World Alzheimer's Month:

1. Get involved. Many Alzheimer's organizations offer toolkits. You can print and distribute material..
2. Make a donation. You can donate monthly or give a one-time gift in the name of someone you love with a so-called "tribute" donation.
3. Volunteer at an Alzheimer's event. Consider participating in an Alzheimer's "awareness walk."



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!



UPCOMING EVENT HIGHLIGHT

Be sure to mark your calendars for:

7th	"Laughing at Old Age" with Tom Coleman
10 th - 1pm	Poetry Writing with Bartholomew
13 th - 3:30	Christian Entertains
20 th	Spelling Bee with Shelly and Beth
7 th and 21 st - 1:30pm	Music Therapy

COMMUNITY MANAGEMENT

Shanelle Armas
Executive Director

Yvette Evita-Gunter
Business Office Manager

Shelly Levin
Independent Living Life
Enrichment Manager

Jean Kastner
Memory Care Life Enrichment
Manager

Steven Playne
Cullinary Services Manager

John Carr
Environmental Services
Manager

Heather Rook
Independent Living Manager

Chelsea Gray
Lauren Higdon
Marketing Managers

J'Mi Walker
Resident Care Manager

Missy Robbins- Assisted
Living Wellness Coordinator

Hannah Dixon grew up in Havelock, NC. After moving to Raleigh as a young adult, she heard about Waltonwood from a co-worker at a previous job. She applied and was offered a position as a Waltonwood Lake Boone Concierge. Hannah quickly fell in love with our residents and enjoyed serving them.

On her days off, Hannah likes to read and “go thrifting” (shopping at nearby thrift store). She loves the hunt for treasure and collects soaps, tea, candles and fun earrings. The residents enjoy seeing which earrings she is wearing each day 😊

After a few months of working for Waltonwood, Hannah was offered a position working with the Life Enrichment team as a Memory Care/ Assisted Living assistant. She loves building relationships with our residents and helping them enjoy their days. Hannah is currently taking a course to earn her Activity Coordinator certificate and hopes to move into management in the future. We are happy to have her as a member of our Waltonwood Lake Boone team!



SEPTEMBER FLOWER- MORNING GLORIES

Morning Glories get their name for a very poetic reason. Each morning, the flower opens up at sunrise, as if it is reborn for a new beginning and new chances every day.

In general, Morning Glories are symbols of love and affection. Different shades of morning glories have various meaning and themes. According to the Language of Flowers introduced during the Victorian era, these flowers make those born in September humble, affectionate and spontaneous. Morning Glories can also be symbolic of strength. Throughout the ages, people have believed that the ability to grow through adversity is symbolized by this flower.



AUGUST HIGHLIGHTS

- | | |
|--|---|
| <p>3</p> <p>Music Therapy with Meredith</p> | <p>19</p> <p>No Bake Cookies</p> |
| <p>26</p> <p>Brunch at IHOP</p> | <p>31</p> <p>Accordian Music and Smoothies</p> |



SEPTEMBER EVENTS

- | | |
|--|---|
| <p>09</p> <p>Donut Drive</p> | <p>11</p> <p>Grandparent's Day</p> |
| <p>15</p> <p>Current Events with Beth</p> | <p>20</p> <p>Spelling Bee with Shelly and Beth</p> |



Focus on Flexibility

Flexibility refers to our bodies ability to freely move around one or multiple joints pain free and through a full range of motion. As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and ostioarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you lose, limber and feeling your best:

- 1) Identify the joints and surrounding muscles that are in the most need of attention.
- 2) Warm the body up emphasizing proper posture and technique to ensure safe flexibility training.
- 3) Move slowly to the point of mild tension, not pain.
- 4) Hold each static stretch for 10-90 seconds without bouncing or jerking.
- 5) Breath! Inhale before the stretch, exhale upon it and breath normally while holding the movement.

EXECUTIVE DIRECTOR CORNER

Fall is on the horizon! Fall is the happiest thought this time of the year! We are all looking forward to cooler weather and dryer days to come. September brings us thoughts of getting out to enjoy the changing leaves, and a desire for cozy hot drinks and our favorite comfort food. Waltonwood Lake Boone is no exception. The kitchen is buzzing with recipes for delectable treats, and Life Enrichment is making plans to take in the scenery and plan outings that assist residents in celebrating the changing season with all of it's sights, sounds, smells, tastes and textures. Environmental services is sprucing up our building and grounds to look our best for our residents and all of our lovely visitors. Please enjoy a safe Labor Day Weekend and we will see you soon!

