

LAKE BOONE CONNECT

JANUARY 2023

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

Shanelle Armas - *Executive Director*

Yvette Evita-Gunter - *Business Office Manager*

Jean Kastner - *Memory Care Life Enrichment manager*

Starr Smith - *Assisted Living Life Enrichment Manager*

Rick Milbury - *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*

Missy Robbins - *Assisted Living Wellness Coordinator*

Make It A January to Remember

Welcome to 2023! The start of each New Year is a time to reflect on the year just past and make plans for the future. It holds a special magic, with a promise of new opportunities and the possibility to change our lives for the better. It's also a great time to bond over old memories as you endeavor to make new exciting ones. This New Year is a chance to seize every moment and fearlessly reach our goals. The beauty of a new year are all the new chances we get to do more, be more and know more. Starting with a fresh slate, we can re-write our stories and embark on the life we choose to live.

So, I challenge you to try new things. Go out and explore the possibilities. Be brave and know that there are no limits. Make resolutions and try to honor them or just try to be a better you than last year. Either way get excited for all that is to come. Your Waltonwood family will be by your side. Wishing you the best year ever.

Here's to 2023!

ASSOCIATE SPOTLIGHT

REMONA WRIGHT

Please allow me to introduce Remona Wright as our staff of the month for January. Remona came to our housekeeping department at Waltonwood Lake Boone from a background of nursing and personal care giving. She particularly loves dementia residents and serves our Memory Care residents daily! Remona said this is her first housekeeping position, but she has trained for it all of her life. Raised by a single mom with 4 sisters and 3 brothers, her mom taught discipline and cleanliness and she has kept a clean home ever since. We enjoy a clean community because of Remona's passion and care for our residents! Remona says, "every day we have a list of things we have to do, and every day I try to do a little more." Her positive attitude and work ethic are contagious to staff, and her kindness helps to make the days sweet for our residents!



DECEMBER HIGHLIGHTS

December was certainly a whirlwind. We did OH so much and boy was it all a good time! We made gorgeous snowflakes from paper bags. We went to Art Space and got to see some absolutely beautiful art and even meet some of the artist. We decorated wheelchairs and walkers for the holiday season with Bayada. We had a super fun hot cocoa social. We got to meet Santa Clause and he read us the book a Christmas Carol. To top it all off we had a very festive holiday party where everyone received a gift and smiles were abundant. December was action packed to say the least but the BEST part about December was that we all got to spend quality time together and make memories to last a lifetime.



MULTIDIMENSIONAL WELLNESS

As another hectic holidays season slowly fades and we once again find ourselves transitioning back into those routines that we are use too. Sometimes that is a much-welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. This January, I would like to extend an open invitation. An opportunity to kick start your daily routine by improving the way you move, think and feel. Consider this your personal invite to join our "Forever Fit" exercise program here at Waltonwood. Open to all residents our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year give exercise a try, it just might be one of the best things you can do to keep happy and healthy in the new year.

JANUARY COMMUNITY OUTINGS

Sign-up at Front Desk

(Please refer to the calendar for specific times)

<u>1/6 Outing to Chilis</u>	<u>1/10 Outing to IHOP</u>	<u>1/20 Outing to Hamrick’s</u>	<u>1/24 Outing to Nasher Museum</u>	Please sign-up at concierge
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To reserve transportation services, please contact the front desk at **(984) 232-0528**.

You may also contact our driver directly at **(919) 271-7507**.

JANUARY SPECIAL EVENTS

4th

Music Therapy with
Meredith at 2:30pm

Come join us for a fun
musical afternoon with
Meredith!

17th

Winter Tea Party at 2:00pm

Let’s warm up with a
winter themed tea party.

10th

Performance by Christian at
2:30pm

Christian will play songs on
the piano and sing all of our
favorite tunes!

30th

Birthday Social at 3:00pm

We will all be coming
together to celebrate all the
birthdays that we had in
January!



EXECUTIVE DIRECTOR CORNER

Happy 2023 Waltonwood Lake Boone families! We are so excited for a fresh start into a new year with a dedicated team and time to reflect on where we have been and where we are going! What an encouragement it has been to celebrate a wonderful holiday time with our residents, family and staff! Now, as we put our decorations away, organize our supplies and gather our thoughts, we are focusing on goals for a healthy and happy New Year! How can we best support our residents, families and coworkers?! Most of all, as we welcome the new year, we are so thankful for our wonderful residents and their families and the support and encouragement we receive throughout the year. Let’s make 2023 one for the books!

Shanelle Armas
Executive Director



Celebrating Birthdays in January

Russell N. 1/7

Mona D. 1/14

Betty W. 1/20

Sheila J. 1/28

“The longer I live, the more beautiful life becomes.”
-Frank Lloyd Wright

CHEF’S CORNER



Benefits of Drinking Infused Water

Lemon	<ul style="list-style-type: none">- Decreases hunger & increases metabolism- Source of Vitamin C- Prevents Kidney stones
Lime	<ul style="list-style-type: none">- Source of Vitamin C- Lowers chance of heart disease- Aids digestion
Cucumber	<ul style="list-style-type: none">- Source of Antioxidants- Strengthens bones- Lowers blood pressure

RESIDENT SPOTLIGHT

Julian Baucom grew up on a small farm in eastern Wake County. He served two years in the U.S. Army before attending NC State to study Agriculture. He spent the majority of his working years as a commercial pilot, with South America and Europe among his favorite places to fly to. Julian also served five years in the U.S. Navy. While he was stationed in Jacksonville, Florida, his friend set him up on a blind date with a woman named Marlene, who later become his wife! Julian and Marlene have enjoyed living at Waltonwood Lake Boone for a little over one year because everyone is very kind (both residents and staff) and they get to live close to their children. Julian says Waltonwood is “the place for me to be.” Julian is certainly a great addition to our Waltonwood family. Thank you, Julian, for always bringing a smile everywhere you go!



\$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