



## Life Enrichment Treats

### Treats for the Pallet:

1/8, 15, 22, 29- Sundaes on Sunday

1/9- Ants on a log for Elvis' Birthday

1/10- IHOP outing

1/24- Jersey Mikes lunch for Museum outing

Daily- Snack and Music



# LAKE BOONE CONNECT

## JANUARY 2023



*Redefining Retirement Living*

SINGH

3560 Horton Street, Raleigh, NC 27607  
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 Facebook: WaltonwoodLakeBoone

### RESIDENT & ASSOCIATE BIRTHDAYS

Latisha Stephens	01/01/23
Harriet White	01/05/23
Allishawne Atkinson	01/09/23
Edith Khan	01/09/23
Isjolique Lyons	01/13/23
Chanae Battle	01/14/23
Bernadette Mulange	01/14/23
Bianca Rodriguez	01/16/23
Niamiah Branch	01/18/23
Remona Wright	01/19/23
Aniyah McGill	01/24/23
April Rogers	01/25/23
Jean Kastner	01/25/23
Vivian Brown	01/29/23
Missy Metts	01/29/23
Starr Smith	01/30/23
J'mi Walker	01/31/23

## Celebration of Life Month

January is a great time to consider and celebrate our life and purpose. And here are 3 ways to do just that:

- 1. Take some days to rest** Mental health is a key aspect of how we look at ourselves and the world. Take a few days to rest and reflect on the previous year as well as your plans for this year.
- 2. Engage in leisure activities.** What do you like to do for fun? Maybe it's exercising, painting, or even dancing! Whatever it is, use this month to explore all the leisure activities that are important to you. The more time you spend doing them, the more relaxed and fulfilled you will feel.
- 3. Family and friends are core parts of our lives!** And there is honestly no celebration without your loved ones around. This month, prioritize these relationships by setting aside time to spend with them. Make sure you include activities all parties would enjoy.



## UPCOMING EVENT HIGHLIGHT

Be sure to mark your calendars for:

4 <sup>th</sup> & 18 <sup>th</sup>	Music Therapy
5 <sup>th</sup>	Movercize
6 <sup>th</sup>	First Fridays with Bayada
10 <sup>th</sup>	IHOP Outing
20 <sup>th</sup>	Shabbat
24 <sup>th</sup>	Nasher Museum Reflections Tour
28 <sup>th</sup>	Poetry Writing

## 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  
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



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!



## 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 her life. Raised by a single mom with 4 sisters and 3 brothers, Remona's mom taught discipline and cleanliness and she has kept a clean home ever since. And 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 to our residents!



## JANUARY FLOWER: CARNATION

Translated from Greek, the Carnation is referred to as "flower of the gods." It grew wild on the hillsides of Greece. The carnation's history dates to when it was used in garlands, art and décor in both ancient Greece and Roman times.

At one time, the carnation was used to treat fevers in Europe. In the Elizabethan era it was used to spice wine and ale as a substitute for the more expensive clove. An essential oil can be extracted from the flower of a carnation and is used for aromatherapy and perfumes. It is traditionally prescribed in European herbal medicine to treat coronary and nervous disorders.

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.



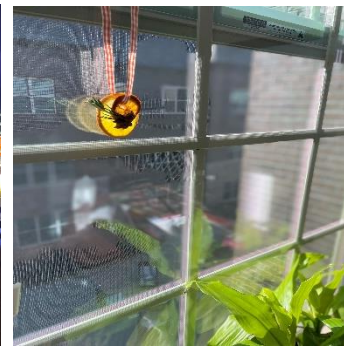
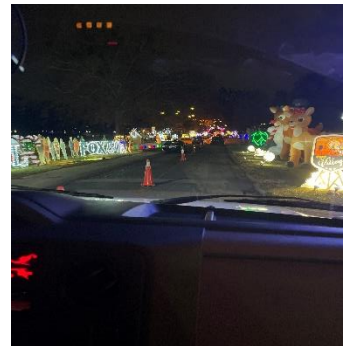
## DECEMBER HIGHLIGHTS

1

Night of Lights

12

Natural Window ornaments



15

Santa visits

21

Holiday Party



## JANUARY EVENTS

9

Celebrate Elvis' Birthday

10

IHOP outing



24

Nasher Museum of Art

28

Poetry Writing



## Join Us!

As another hectic holidays season slowly fades, we find ourselves transitioning back into our routine. Lest it becomes a little dull, allow me to extend an open invitation 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 centers 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 participants to move at a pace of their own choice and comfort level. So, this New Year give exercise a try. It just might be one of the best things you can do to be happy and healthy in the new year!

## 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!