

LAKE BOONE CONNECT

NOVEMBER 2023
ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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Make It a NOVEMBER to Remember

November often blows in like a hurricane. Other times it lingers like the warmth of the sun. For many, the month fills us with gratitude as it represents family and crimson-colored walks by the fallen leaves. Football season is well underway. Basketball and hockey are heating up, too. Pumpkin, apple, and other spices fill the air as families start making plans for Thanksgiving. Veterans will be celebrated as November is Veterans Day month. Together we will meditate on all we are grateful for. Times together and with family are on the top of our list.

We will be making crafts, visiting local restaurants and museums, enjoying special performances and having courtyard conversations which are just a few ways we will take advantage of the season. So as the weather gets colder and the leaves become nothing more than a memory we will join together in love and laughter with hearts full of thanks. Wishing you a fantastic November,

-Your Waltonwood Family



COMMUNITY MANAGEMENT

Shanelle Armas - *Executive Director*

Yvette Evita-Gunter - *Business Office Manager*

Rick Milbury - *Culinary Services Manager*

Andre Vaughn - *Environmental Services Manager*

Christina Ryerson – *Independent Living Life Enrichment Manager*

Starr Smith - *Assisted Living Life Enrichment Manager*

Jean Kastner - *Memory Care Life Enrichment Manager*

J'Mi Walker - *Resident Care Manager*

Rhonda Simpson - *Assisted Living Wellness Coordinator*

Mark Alexander - *Independent Living Manager*

Lauren Higdon & Tiffany Ashton - *Marketing Managers*

ASSOCIATE SPOTLIGHT

Danielle Depaolis

When Danielle came to Waltonwood Lake Boone, she had been co-managing a retail store in Raleigh. She was missing the relationships of a community and feels she has found that with our staff and residents. Her fiancé’s grandmother had passed recently from dementia, and she admired the good care that she had witnessed through her caregivers, and desired to be a part of caring for seniors herself.

Danielle moved to Raleigh from Asheville 2 years ago. She misses the snow and winter weather. She has 4 sisters. One of which she hopes to visit soon on a trip to Salem, Massachusetts. In her spare time, Danielle loves to read, and is in the process of planning her wedding for November of 2024.

When asked what she likes about her work here, she said she loves the stability of coming to a place where she knows the residents and the job well. We are so happy to have Danielle as a part of our Lake Boone team!



OCTOBER HIGHLIGHTS

October was nothing short of awesome! We celebrated active aging with a week of special activities such as putt putt, Pictionary and exercise bingo with John. Stage door dance crew come and blew us all away with their beautiful routines. We made gorgeous new fall pens, fall necklaces and amazing decoupaged pumpkins. We all wore pink for breast cancer awareness and had a very insightful discuss on its prevalence. We took a trip to the art museum for a special exhibit on Dutch art in a global age where the curator herself gave us a tour. We visited the Farmers market. Resident Betty shared her paint by numbers work and spoke on how anyone can do it. To round out the month we had a Trunk or treat and Halloween social that was a ghoulishly good time!



MULTIDIMENSIONAL WELLNESS

Celebrating its 20th anniversary, Active Aging Week kicks off Monday October 2nd and runs till Sunday October 8th. The annual celebration highlights the physically, socially, spiritually, emotionally, intellectually, vocationally and environmentally wellbeing of those 50 and over. Join with Waltonwood as we celebrate Active Aging Week with daily events aimed at keeping our residents feeling their very best. With exercise classes to fitness assessments and educational seminars to hands on demonstrations each community will offer their own unique experience highlighting the different dimensions of wellness and how they can thrive at any age.

NOVEMBER COMMUNITY OUTINGS

Sign-up at Front Desk

(Please refer to the calendar for specific times)

<u>11/3</u> <u>Lucky 32</u> <u>Southern</u> <u>Kitchen</u>	<u>11/10</u> <u>Gregg Museum</u> <u>of Art and</u> <u>Design</u>	<u>11/14</u> <u>Tour of the</u> <u>Women’s</u> <u>Center of Wake</u> <u>County</u>	<u>11/17</u> <u>Tour of the</u> <u>Legislative</u> <u>Building</u>	<u>11/20</u> <u>Horse and</u> <u>Buddy</u>
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To reserve transportation services, please contact the front desk at **(984) 232-0528**.

NOVEMBER SPECIAL EVENTS

9th

Music by Luke Lowe at 2:00pm

Enjoy some sweet tunes from Luke!

10th

Veterans Day Social at 2:00pm

Celebrate our Veterans with us at a special social

13th

Kindness Council Meeting at 2:00pm

Come join as we pack special bags of donations for women in need.

26th

Turkey Targets with John at 2:00pm

Have some fun turkey hunting with Fitness leader John.



EXECUTIVE DIRECTOR CORNER



Happy November everyone! I hope you are taking full advantage of this beautiful Fall weather as we get ready to slide into the holiday season! Thanksgiving is upon us, reminding us that we are blessed in many ways, and we are most grateful for family and friends! Our Waltonwood Lake Boone staff are focusing each day to create a warm and loving environment for our residents and their families. We will be busy cleaning this month so we can make it shine before decorating our gorgeous community. Culinary and Life Enrichment departments are busy planning for everyday delights and holiday celebrations! Please pop in and say hello, and thank you for all you do each day, our Waltonwood Lake Boone family would not be complete without you!

-Shanelle Armas, Executive Director



Celebrating Birthdays in NOVEMBER!

Bob 11/1

Margaret 11/8

Duncan 11/26

Jessie 11/16

Marlene 11/20

“The longer I live, the more beautiful life becomes.”

Veterans Day is NOVEMBER 11th



Thank you for your service and all that you do for our country. You are very much honored and appreciated.

- Russell- Army
- Bob-Navy Reserves
- Dan-Army
- Duncan-Army
- Elton-Navy
- Richard- Air Force
- D.C-Marines
- Julian-Navy
- Bill-Navy

Thanksgiving is NOVEMBER 23rd



\$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!