

LAKE BOONE CONNECT

APRIL 2024

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

Shanelle Armas - *Executive Director*

Yvette Evita-Gunter -
Business Office Manager

Andre Vaughn -
*Environmental Services
Manager*

Starr Smith - *Assisted Living
Life Enrichment Manager*

Jean Kastner - *Memory Care
Life Enrichment Manager*

Cierra Sanders - *Resident
Care Manager*

Rhonda Simpson - *Assisted
Living Wellness Coordinator*

Tiffany Ashton - *Marketing
Managers*

Make It an APRIL to Remember

Greetings to all our wonderful residents, families, and friends, as we bid farewell to March and welcome the vibrant embrace of April, it's with great anticipation and excitement that we embark on a new chapter here at Waltonwood Lake Boone. With the gentle arrival of spring, our community comes alive with the promise of renewal, growth, and delightful experiences waiting to unfold. This month, we're thrilled to present a bouquet of engaging activities, heartwarming events, and opportunities for connection that

will surely brighten your days and fill your hearts with joy. So, let's embrace the spirit of April together and embark on this journey of shared laughter, cherished memories, and the blossoming beauty of community life.

Warmest regards,

Starr Smith

Life Enrichment Manager

Waltonwood Lake Boone

Associate Spotlight

Donny Cook

Donny was born in Manhattan and moved to Raleigh from Syracuse, New York in 1992. He graduated from the Culinary Institute of America in Hyde Park, NY in 1987 and has worked in several senior living communities in New York and Raleigh as a Culinary Service Manager. Donny came to Waltonwood Lake Boone looking for a way to keep doing what he loves with less stress than his former position. Donny has a niece and 2 nephews as well as 14 great nieces and nephews in the Raleigh area.

Being the youngest of 7, he has 29 nieces and nephews in all.

In his free time, Donny loves to garden, play the piano, and walk and bike around local lakes. Someday he would love to travel to Scotland.

Donny said he has enjoyed working with our management team and staff, and loves the residents of Waltonwood Lake Boone! He truly enjoys bringing smiles to resident faces with great food and great service! Donny, your passion for our residents is evident, and we are happy to have you on our Waltonwood Lake Boone team!



MARCH HIGHLIGHTS

How fun was March? We enjoyed a variety of activities and events that left everyone in smiles. We started the month in a hooping competition with Waltonwood Cary. We made beautiful lace spring wreaths. We viewed contemporary art made by native Americans. We were visited by the girl scouts and did some flower arranging. We visited Stough elementary for read across America. We had a super fun St. Patrick's Day social with trivia, jokes and some interesting Irish proverbs. We learned about Purim, a Jewish holiday. We had a great lunch at Tupelo Honey. We went to the art museum for a showing of quilts from old Salem. Resident Kay went on an adventure to The English Garden and a viewing of Art in Bloom in Raleigh.



Fit & Flexible

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 osteoarthritis 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 loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause an injury
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

APRIL COMMUNITY OUTINGS

Sign-up at Front Desk

(Please refer to the calendar for specific times)

<u>4/5</u> <u>ArtSpace</u>	<u>5/10</u> <u>Spring Haven</u> <u>Farm</u>	<u>5/17</u> <u>March Madness</u> <u>Picnic at Cary</u> <u>Waltonwood</u>	<u>5/19</u> <u>Farmers</u> <u>Market</u>	<u>5/21</u> <u>Walk to De-</u> <u>feet Dementia</u>	<u>5/26</u> <u>Lucky 32</u>
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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**.

APRIL SPECIAL EVENTS

2nd

Wedding Photos

Let's view Wedding photos with a side of Cake

8th

Solar Eclipse Viewing

Get ready to view the solar eclipse live online in our theater with moon pies and sun chips

10th

Stage Door Dance at 2pm

Enjoy a live performance by Stage Door Dance

23rd

Flower Pens

Join us in the Hobby room to make the cutest flower pens!



EXECUTIVE DIRECTOR CORNER



Hello Waltonwood Lake Boone Family and Friends,

April finds our community in the midst of a Spring spruce up! From our gardens to indoors, we are looking our best for our residents and guests. Waltonwood residents are also taking full advantage of warmer weather to be out and enjoying our beautiful Lake Boone community as well as our Raleigh community at large with fun and engaging outings. Please come by our Waltonwood table on April 21st at the annual Walk to De-feet Dementia at Fred Fletcher Park in Raleigh and say hello!

Best Regards,

Shanelle Armas, Executive Director

PASSOVER APRIL 22ND-30TH



Celebrating Birthdays in APRIL!

Janet- 4/16

Judy- 4/25

Charlene-4/26

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

-Frank Lloyd Wright

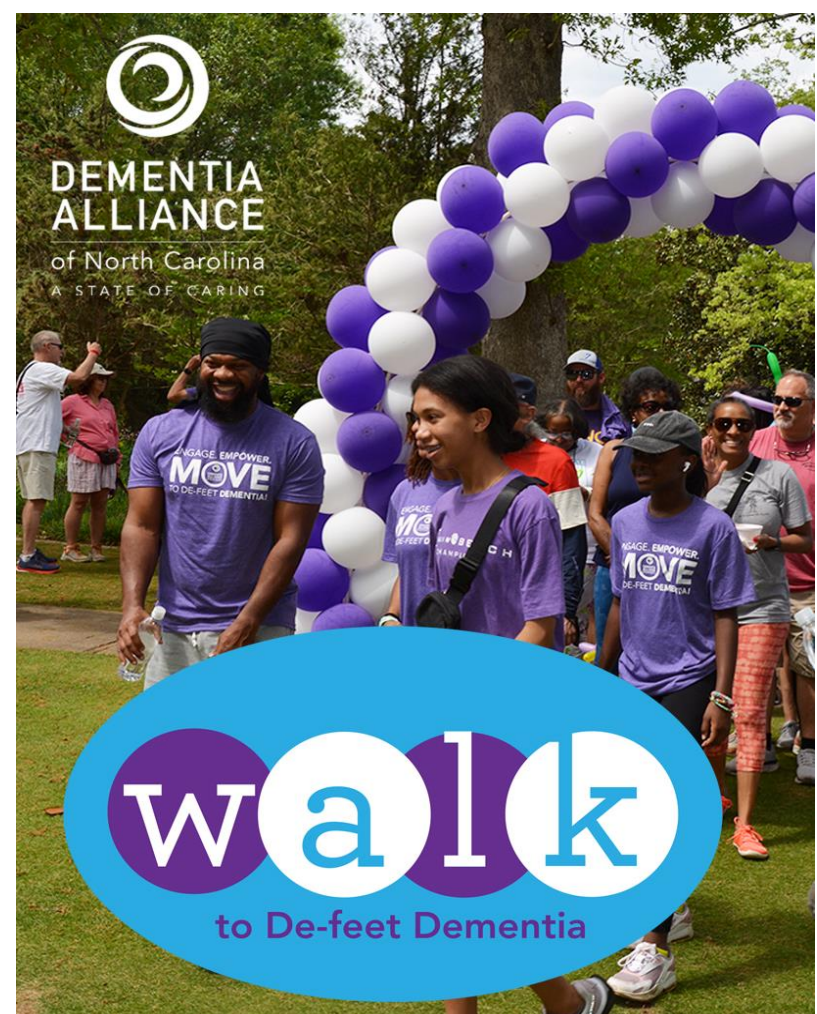
Happy *Passover*



Passover, a cherished Jewish holiday, commemorates the liberation of the Israelites from slavery in ancient Egypt. Lasting eight days, Passover features rituals, including the Seder, where families gather to retell the Exodus story. Symbolic foods like matzah and bitter herbs are central, reminding participants of the Israelites' journey to freedom. Passover is a time for reflection, celebration, and the reaffirmation of values like freedom and resilience within Jewish communities globally.

Walk to De-feet Dementia

The Walk to Defeat Dementia is a meaningful event dedicated to raising awareness and funds for research and support services for individuals and families affected by dementia. Participants come together for a common cause, walking side by side to honor loved ones, raise awareness, and contribute to the fight against dementia. With each step, hope is kindled for advancements in treatment and ultimately a cure for this challenging condition. The Walk serves as a powerful reminder of the strength of community and the collective determination to make a difference in the lives of those impacted by dementia.



\$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!