



Life Enrichment Treats

Treats for the Pallet:

4/2- Peppermint Patties for "A Mint of a Day."

4/8- Moon Pies and Sun Chips for Solar Eclipse Social.

4/15- Strawberries, Cheese, and Crackers for Taste of the Season.

4/23- Fried Chicken and Watermelon picnic outing at Bass Lake

National Gardening Month

Spring is coming on strong and for those who have not already begun looking at planting this year's garden—it is time to get started!

In Raleigh, North Carolina, April (National Garden Month) is the perfect time to get out and start preparing the garden, tilling soil or planting seeds for everything that will be growing this year! Waltonwood residents have already planted seeds inside and are excited about moving our gardening to the outdoors in this most beautiful time of the year! This activity provides sunshine, fresh air, and memories of a life time of planting and watching things come to life. Please stop by and see our lovely courtyards!



LAKE BOONE CONNECT

APRIL 2024



SAVE THE DATE!

Hosted by the Residents of Waltonwood Lake Boone for Children Ages 4-11

Saturday, June 22th, at 1:00 p.m.

3550 Horton St., Raleigh

For more information follow us on Facebook:

www.Facebook.com/WaltonwoodLakeBoone

or contact Jean Kastner, Life Enrichment Manager, 984-231-0003



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Facebook: WaltonwoodLakeBoone

COMMUNITY MANAGEMENT

Shanelle Armas
Executive Director

Mark Alexander
Independent Living Manager

Yvette Evita-Gunter
Business Office Manager

Christina Ryerson
Independent Living Life Enrichment Manager

Starr Smith
Assisted Living Life Enrichment Manager

Jean Kastner
Memory Care Life Enrichment Manager

Cullinary Services Manager

Tiffany Ashton
Niya Stafford-Hooks
Marketing Managers

Cierra Sanders
Resident Care Manager

Memory Care Wellness Coordinator

Rhonda Simpson- Assisted Living Wellness Coordinator

Andre' Vaughn
Environmental Service Manager

RESIDENT & ASSOCIATE BIRTHDAYS

Lauriane Ngudi	4/1/2024
Cierra Sanders	4/1/2024
Mynasia Horton	4/7/2024
Nynasia Horton	4/7/2024
Philip Abraham	4/8/2024
Hannah Dixon	4/13/2024
Vince Lewis	4/13/2024
Elaine Harden	4/21/2024
Fern Dumas	4/25/2024
April Oliver	4/28/2024



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 Donny Cook

Donny was born in Manhattan and moved to Raleigh in 1992. He graduated from the Culinary Institute of America in 1987. Donny worked in several senior living communities in New York and Raleigh as a Culinary Service Manager. He came to Waltonwood Lake Boone looking for a way to keep doing what he loves with less stress. Donny has a niece and 2 nephews as well as 14 great nieces and nephews in Raleigh and 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's passion for our residents is evident, and we are happy to have him on our Waltonwood Lake Boone team!



APRIL FLOWER: Daisy

Stemming from Old English, the daisy comes from "day's eye," referencing the daily habits of the English daisy, with its petals opening in the day and closing at night.

The daisy has long represented innocence, purity, and true love. Each color daisy represents something different. The white daisy symbolizes purity and innocence; yellow means joy and friendship; pink represents affection; and red symbolizes love and romance.

"Daisy" has been used in many phrases over time. "Fresh as a daisy" means someone has had a good night's rest; "oopsy daisy" or "whoops-a-daisy" is said after a mistake or blunder.

Daisy seeds can be started in the spring, indoors, 6 to 8 weeks before the last frost, or outdoors after the last frost. Plants grown from seed won't bloom until the following season.



MARCH HIGHLIGHTS

7

Taste of Waltonwood- Avocado Toast

12

Honeybee Democracy- Producing a new colony



14

St Patrick's Day Party

18

Drumming Circle



APRIL events

8

Solar Eclipse Social

10

Spring Haven Farm



17

March Madness Picnic

22

Earth Day



Fit and 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 couple of tips that can help keep you loose, limber and feeling your best.

- 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 a potential injury

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 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