

LAKE BOONE CONNECT

MAY 2024

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

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 MAY to Remember

Spring has sprung, and with it comes a sense of renewal and rejuvenation in our beloved community. As flowers bloom and birds serenade us with their cheerful melodies, it's a reminder that life is full of beautiful moments waiting to be cherished.

In this month's newsletter, we have an array of exciting updates, heartfelt stories, and upcoming events designed to enrich our lives and foster a deeper sense of connection within our community.

In these pages, you'll find a tapestry of stories, events, and happenings woven together with threads of community spirit and warmth.

Whether you're a familiar face or a new friend joining our ranks, we're delighted to have you here. This month, as nature awakens from its winter slumber, let us to embrace the spirit of renewal and connection. Together, let's explore the vibrant tapestry of life, sharing laughter, learning, and love along the way. So, settle in, dear friends, and let this newsletter be a beacon of light guiding us through the joys of springtime and the boundless possibilities it brings.

-Your Waltonwood Family

ASSOCIATE SPOTLIGHT

Vince Brewton

Vince grew up in Henderson, Nevada and Irvine, California. He came to Raleigh 2 years ago and to Waltonwood Lake Boone's Culinary department just over a year ago. Vince says he loves our residents and loves to brighten their days when they are struggling.

In his free time, Vince loves good food, and a great action or comedy movie. Future goals are buying a car and identifying a career that will allow him to make a difference in people's lives.

Eventually, he would love to go to school to assist with that career choice.

Vince says our residents are like family. We are thankful he is a part of our team at Waltonwood Lake Boone.



APRIL HIGHLIGHTS

April was filled with so much fun! We all got together to view Starr's wedding photos with some delicious wedding cake. We took a trip to Art space and got to see some lovely art work by local Raleigh artist. We created art with tape and paint. So many unique and beautiful paintings were produced. We were visited by Stage door dance team. We presented them with a gift for being wonderful volunteers. We went to Waltonwood Cary for our march madness competition. Lake Boone won for most basketball shots. We made some flower pens with some flower macarons and floral infused drinks in honor of spring. Overall, the month has been full of happiness and creativity and the best part was being together.



National Senior Health and Fitness

On Wednesday May 29th join Waltonwood and over 100,000 other older adults across the country as we celebrate National Senior Health and Fitness Day. The annual celebration highlights the impact that staying active and fit has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. This year's theme is "Make Fitness Your Friend for Life", because it's never too late to start a more active lifestyle. On May 29th, lace up your walking shoes gather a few of friends and join us as we celebrate National Senior Health and Fitness Day 2024.

MAY COMMUNITY OUTINGS

Sign-up at Front Desk

(Please refer to the calendar for specific times)

<u>5/3</u> <u>Bond Park</u>	<u>5/10</u> <u>New Hope</u> <u>Valley Train</u> <u>Ride</u>	<u>5/17</u> <u>Raleigh-Durham</u> <u>Airport</u> <u>Observation</u> <u>Park</u>	<u>5/22</u> <u>Spring Haven</u> <u>Farm</u>	<u>5/31</u> <u>Lunch at</u> <u>NCMA</u>
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To reserve transportation services, please contact the front desk at (984) 232-0528.

MAY SPECIAL EVENTS

5th

Cinco de Mayo Fiesta at 3:30pm

Come out and celebrate Cinco de Mayo with a Fiesta!

10th

Mother's Day Social at 3pm

We will be celebrating all the mothers with a special social.

24rd

Button Craft at 2pm

We will be using buttons to create a beautiful work of art.

29th

Senior Health and Fitness Day Games all day!

Join in on all the fun as we celebrate senior health and fitness day.



EXECUTIVE DIRECTOR CORNER

As the vibrant colors of spring bloom around us, I'm delighted to welcome May with open arms here at Waltonwood Lake Boone! With the warmth of the shining sun, our community is buzzing with gardening and outings to engage in this beautiful season before the heat of the summer comes upon us! We are taking full advantage of the pleasant weather and inviting residents to talk with us about gardening and help us plant flowers for the warm season ahead. Please stop in and see our lovely courtyards come to life. Also, feel free to pick up a calendar and newsletter for May to see the activities and engagement we have planned for our residents at Waltonwood Lake Boone!



MEMORIAL DAY – MAY 27TH



Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

Even though the holiday is a time to celebrate the freedom we have in America, we should never forget that that very freedom came at the expense of the brave heroes who lost their lives fighting to protect it.

Celebrating Birthdays in May!

Jane M. 5/3

Luci J. 5/6

Dan B. 5/18

Richard G. 5/21

Patsy H. 5/23

Amy H. 5/25

Philip R. 5/25

William M. 5/29

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

-Frank Lloyd Wright

RESIDENT SPOTLIGHT

How does a small-town country man end up marrying a woman from Ukraine? That’s the story of Dan and Carla Bailey. Dan grew up in rural Wake County and enlisted in the Army right out of high school, which took him all over the world (36 countries to be exact). He met Carla while stationed in Germany, and said he knew she was the one on their first date! They married in 1962 and have four children, ten grandchildren, and one great-grandchild on the way. Carla says that Waltonwood Lake Boone has really become their second home and they are excited to get involved and get to know everyone better! We are grateful to have Dan and Carla as part of our Waltonwood family!



\$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!