



LIFE ENRICHMENT TREATS

Treats for the Pallet:

Wednesdays- Food for Thought

5/3- Pecan Pie Tarts for the Kentucky Derby

5/5- Cinco de Mayo Chips, Dip, and Virgin Margaritas

5/28- National Burger Day at Corbett's Burgers and Soda



NATIONAL AAPI AND JEWISH HERITAGE MONTH

Asian American and Pacific Islander Heritage Month is observed in the United States during the month of May and recognizes the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States.

Jewish American Heritage Month is a time for paying tribute to the generations of Jewish Americans who have helped form the fabric of American history, culture and society. It invites people of all faiths and observance levels to celebrate in a different way.

RESIDENT &
ASSOCIATE
BIRTHDAYS

Tatiana P 5/5
Mckaila W 5/9
Mckenzie W 5/9
Fiona M 5/13
Tom K 5/25

LAKE BOONE CONNECT

MAY 2024



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

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

Tiffany Ashton
Niya Stafford-Hooks
Marketing Managers

Cierra Sanders
Resident Care Manager

Rhonda Simpson
Assisted Living Wellness
Coordinator

Andre' Vaughn
Environmental Service
Manager



MAY REFLECTION

May is Mental Health month, and we want to recognize and support that need for our residents and staff. One of the ways we will do that is to invite residents and staff to join us for a fun fitness class in our Memory Care courtyard on Senior Health and Fitness Day, May 29th. Sunshine, fresh air, and movement for our bodies is a proven way to lift minds and spirits, and we all need that attention to good mental health and strength. After our workout we will enjoy a refreshing green smoothie prepared fresh by our Culinary department, adding one more layer to good mental health, a healthy diet! Life is precious and Waltonwood Lake Boone works hard to support good mental and physical health for our residents and staff each day!

\$3,500 RESIDENTIAL 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!

FAMILY & FRIENDS REFERRAL PROGRAM!



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

5 Shooting Hoops
16 Bass Lake Outing



16 Aromatherapy for Stress Awareness Month
17 March Madness Picnic



FOREVER FIT: FIT & FLEXIBLE

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!

MAY 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.



MAY SPECIAL EVENTS

7 Donuts and Coffee for Teacher Day
12 Mother's Day
22 Spring Haven Farm Outing and Lunch
27 Memorial Day



EXECUTIVE DIRECTOR CORNER

As the vibrant colors of spring bloom around us, we are happy 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 in May at Waltonwood Lake Boone!

Associate Executive Director, Jared Dicks