

LAKE BOONE CONNECT

JUNE 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*

Rhonda Simpson - *Assisted
Living Wellness Coordinator*

Tiffany Ashton - *Marketing
Managers*

Make It a JUNE to Remember

Welcome to the latest edition of our community newsletter! As we embark on this journey together, we're excited to share stories, updates, and events that enrich our vibrant community. In these pages, you'll find a celebration of life's moments, from heartwarming resident spotlights to informative articles on health and wellness. As we continue to nurture connections and foster a sense of belonging, we invite you to join us in embracing the joys of community living. Let's explore, learn, and

grow together as we create new memories and cherish the bonds that unite us. Welcome to our community newsletter — your window into the heart of our home.

Warmest regards,

Starr Smith

Life Enrichment Manager

Associate Spotlight

Jasmine Davis

Jasmine came to Waltonwood 6 months ago looking for a new caregiving opportunity. She grew up in Angier and worked as a caregiver in 2 local senior communities and went on to become a Medical Technician 8 months into her first caregiving job. You might say that Jasmine has caregiving in her blood. She grew up with a bi-polar and legally blind mother and 2 autistic brothers. Even now she cares for both parents and her brothers, and dreams of working with autistic kids someday. On her days off, Jasmine loves to spend time with her 2 children, 4 and 10 years old. Jasmine said it was her co-workers and the teamwork they have that makes her want to come to work, and we are happy she is a part of our Waltonwood Lake Boone team!



MAY HIGHLIGHTS

How much fun did we have in May? TONS!! We started the month with a tour of the executive mansion. Its beautiful rooms and rich history were simply breath taking. We celebrated the Kentucky Derby with a good ole fashion horse race, well the staff raced with pool noodle horse's so maybe so old fashion. We took an amazingly relaxing train ride through the woods of New Hill North Carolina. For Mother's Day we traveled to Paris for a beautiful Parisian themed soiree. We had a super fun honey tasting for national honey bee day. We made beautiful summer themed coasters that are sure to wow any guest. We finished the month off with our senior health and fitness competitions. Best of all we did it Together!!



Alzheimer's and Brain Awareness

June is Alzheimer's and Brain Awareness Month, an annual observance raising awareness on Alzheimer's disease and other dementias. For years the Waltonwood family has partnered with the Alzheimer's Association to support the mission of a world without Alzheimer's and other dementias. While there still may not be a cure, taking proactive steps and developing healthy lifestyle habits have been shown to slow the onset of the disease and delay its debilitating effects. Much like heart health, cognitive health can benefit greatly from increasing physical activity and exercise, eating a well-balanced nutrient rich diet and effectively managing stress. It's never too early or too late to start taking better care of ourselves and small changes today can help lead to healthy years to come.

JUNE COMMUNITY OUTINGS

Sign-up at Front Desk

(Please refer to the calendar for specific times)

<u>June 7th</u> SAS Mineral Tour	<u>June 14th</u> City of Raleigh Museum: History of Baseball Exhibit	<u>June 21st</u> Museum of Natural science: Amazing Pollinators \$10	<u>June 28th</u> The Gregg Museum: The tales that Textiles tell
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JUNE SPECIAL EVENTS

10th

Summer Pens

Let's make some fun summer pens to keep and share!

19th

Juneteenth Ice cream social

Get ready for a good time eating ice cream and honoring Juneteenth.

25th

Residents Council

Please join us for the residents monthly meeting with managers.

27th

Watermelon Social

Let's eat some refreshing watermelon with some laughs and fun.



EXECUTIVE DIRECTOR CORNER

Hello Waltonwood Lake Boone Family and Friends,

Happy June! I'm thrilled with all we've accomplished together so far this year. Your support means the world to us.

This month, we're excited to roll out new community programs. Stay tuned and stay involved—your participation makes a huge difference!

Thank you for being part of our family. Here's to a fantastic June!

FATHERS DAY JUNE 16TH



Celebrating Birthdays in JUNE

Rachel G 6/4

Fred L. 6/5

Sybil H. 6/8

James O. 6/12

Dolores M. 6/15

Rosalie G. 6/18

Janie 6/27

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

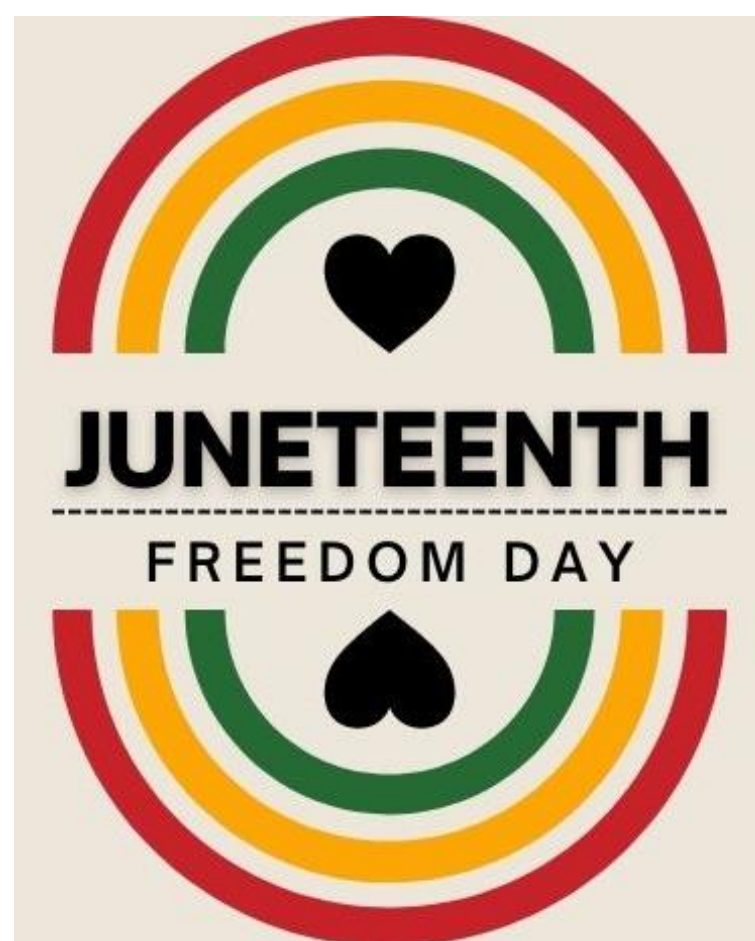
-Frank Lloyd Wright



Father's Day is a special occasion to honor and celebrate the incredible fathers who have shaped our lives with their unwavering love, strength, and wisdom. It's a day to reflect on the countless sacrifices they've made, the lessons they've imparted, and the unspoken support they've provided through both joyous and challenging times. Whether they are our guiding light in moments of doubt or our biggest cheerleaders in times of triumph, fathers play an irreplaceable role in our journey. We express our deepest gratitude and admiration for the fathers who have nurtured us, laughed with us, and stood by us every step of the way. Happy Father's Day to all the amazing dads—your love makes the world a better place.

JUNETEENTH JUNE 19TH

Juneteenth, celebrated on June 19th, commemorates the day in 1865 when the last enslaved African Americans in Galveston, Texas, were finally informed of their freedom, over two years after the Emancipation Proclamation. This day honors the end of slavery in the United States and celebrates African American culture and resilience. It serves as a powerful reminder of the enduring struggle for equality and justice, inspiring reflection and a continued commitment to building a more inclusive and equitable society.



\$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!