

# LAKE BOONE CONNECT

NOVEMBER 2024

ASSISTED LIVING EDITION



*Redefining Retirement Living*

**SINGH**

3560 Horton Street, Raleigh, NC 27607  
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facebook.com/WaltonwoodLakeBoone



## Make It a NOVEMBER to Remember

Dear Residents and Families,

As the autumn leaves continue to fall and the air turns crisp, we embrace the spirit of gratitude and togetherness that November brings. This month is a time to reflect on the blessings in our lives, gather with loved ones, and celebrate the joys of friendship and community.

Here at Waltonwood, we are preparing for a season full of warmth, laughter, and connection. From special Thanksgiving activities to cozy evenings by the fire, there's so

much to look forward to this month. Let's take this opportunity to express our gratitude for one another and for the wonderful memories we are creating together.

We are excited to share all the upcoming events and news with you—let's make this November one to remember!

Warm wishes to all,

Starr Smith

Life Enrichment Manager

## COMMUNITY MANAGEMENT

Jared Dicks

*Associate Executive Director*

Starr Smith

*Assisted Living Life Enrichment*

Taylor Rountree

*Memory Care Life Enrichment*

Yvette Evita-Gunter

*Business Office*

Andre' Vaughn

*Environmental Services*

Ben Hollinger

*Culinary Services*

Tiffany Ashton and

Niya Stafford-Hooks

*Marketing*

## Associate Spotlight

### Chris Jenkins

Chris is one of our amazing Maintenance Techs in the community. He has been at Waltonwood Lake Boone for about 6 months now and he has been a great asset to the community and team! Chris says the best thing about working at Waltonwood is the residents! He enjoys helping them each and every day and feels like he is making a difference in each of their lives! Chris was born and raised right here in Raleigh, NC. Some of his favorite things include: music, seafood, and sports! His favorite sports include basketball, especially the Lakers and baseball. We thank Chris for making such a huge difference in the community! We appreciate all you that you do for the residents and team!



## OCTOBER HIGHLIGHTS

October was a month full of fun! We started out with an event for a great cause, Coffee with a cop day was October 3<sup>rd</sup> and we were able to show gratitude to ten of Raleigh's finest. The laughs we all shared was simply contagious. We were taught fire safety by the fire Marshall. We made our very own candy dispensers for our trick or treaters. We went on outings to Dairy queen, TJ Maxx, Home Goods, Page-Walker Art and History Museum, and we finished the month out with treats from a sweet restaurant called Breco tea. We all attended the annual Trunk or Treat where fun was had by all. There is nothing like a fun time with friends.



## Strong Body & Sound Mind

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and overall well-being. According to the Mayo clinic, researchers have found that a third of dementia diagnoses are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that you are always up for the task.

# NOVEMBER COMMUNITY OUTINGS

## Sign-up at Front Desk

(Please refer to the calendar for specific times)

<u>11/6</u> Classic Candy Store: Rocket Fizz	<u>11/13</u> NCMA: Venice and the Ottoman Empire	<u>11/22</u> Lunch Outing: Relish	<u>10/27</u> NCMA: Samurai: The Making of a Warrior
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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.

## NOVEMBER SPECIAL EVENTS

7<sup>th</sup>

Thanksgiving BARK Bash!!

11<sup>th</sup>

Veterans Day Social

14<sup>th</sup>

Seasonal Ice Cream Tasting

21<sup>st</sup>

Museum of Life and Science Animal Encounter



## EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,



As we move into November, I am reminded of the importance of gratitude. This month offers us a special opportunity to reflect on the many blessings we share here in our community. From our dedicated team to the vibrant friendships that brighten each day, we have so much to be thankful for.

As we prepare for the holiday season, let's continue to support one another, embrace the spirit of togetherness, and make the most of this time with loved ones.

Wishing you all a warm and joyful November!

# NOVEMBER ANNOUNCEMENTS



## Celebrating Birthdays in NOVEMBER

**Bob 11/1**

**Margaret I. 11/8**

**Jessie C. 11/16**

**Marlene 11/20**

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

*-Frank Lloyd Wright*



## Thanksgiving Reflections

As Thanksgiving approaches, we're reminded of the importance of community, gratitude, and togetherness. It's a time to celebrate the special bonds we share and appreciate the kindness that surrounds us each day. We wish you and your loved ones a joyful and heartwarming holiday filled with love, laughter, and gratitude.

## Honoring Our Veterans

This Veterans Day, we take a moment to honor the brave men and women who have served our country with courage and dedication. Their sacrifices have ensured the freedoms we cherish today. Let's express our deepest gratitude to all veterans, especially those within our community, for their selfless service.

Thank you for your unwavering commitment to protecting our nation.



## \$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!