



LIFE ENRICHMENT TREATS

Treats for the Pallet:

11/1 - Cinnamon Stick Art and Apple Cider

11/12 - Farmers Market Restaurant

11/13 - Arm Chair Travel: Hawaii & the history of pineapples

11/19 - Happy Hour

11/20 - Family and Friends Thanksgiving buffet



NOVEMBER BIRTHDAYS!

Grace Ezra-Tesser

11/2

Jan Joyce

11/8

Rita Barrett

11/14

Elizabeth Hennelly

11/29

LAKE BOONE CONNECT

November 2024



Redefining Retirement Living

SINGH

3550 Horton St, Raleigh, NC 27607

www.waltonwood.com | 919-569-5444

Hello November!



COMMUNITY MANAGEMENT

Mark Alexander
Independent Living Manager

Yvette Evita-Gunter
Business Office Manager

Christina Ryerson
Independent Living Life Enrichment Manager

Andre' Vaughn
Environmental Services Manager

Starr Smith
Assisted Living Life Enrichment Manager

Ben Hollinger
Culinary Services Manager

Tiffany Ashton
Niya Stafford-Hooks
Marketing Managers

Willette Bailey
Assisted Living Wellness Coordinator

Taylor Rountree
Memory Care Life Enrichment Manager

\$3,500 RESIDENTIAL REFERRAL BONUS

FAMILY & FRIENDS REFERRAL PROGRAM!

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!

OCTOBER REFLECTION

This past October we spent lots of time enjoying this new season and the cooler weather! We had fun treats such as Macarons when we travelled to Paris, and a picnic Dorothea Dix Park. We had coffee and pastries with the police and celebrated Breast Cancer Awareness month by wearing pink and honoring those survivors and those we have lost. We cannot wait to see what November brings!

ASSOCIATE SPOTLIGHT:

Chris Jenkins

Chris is one of our amazing Maintenance Technicians 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 his 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

- 2** Rosh Hashanah Observance
- 3** Coffee with a Cop



- 9** Arm Chair Travel: Paris, France
- 31** Trunk or Treat



FOREVER FIT: FOCUS ON FITNESS

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 over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis 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 always up for the task.

FUN FACTS ABOUT NOVEMBER

November, the 11th month of the year, has 30 days and marks the beginning of the winter holiday season for most folks, even if the winter solstice doesn't occur until late December. we think of November as the month of food, when the best of cooks can shine, and the best of eaters will surely get their fill ahead of winter. November's full Moon is traditionally called the Beaver Moon. Why this name? In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs. In 2024, November's full Moon occurs on Friday, November 15.

NOVEMBER SPECIAL EVENTS

- 1** Cinnamon Stick Art
- 11** Veterans Day Sing-a-Long
- 21** Museum of Life & Science Animal Encounter
- 28** Thanksgiving Day



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!