



JUNE ANNOUNCEMENTS



Community Father's Day dinner

Celebrate Father's Day with Us!

Join us on June 11th for a special Father's Day Dinner. We warmly invite all residents and their families to come together for an evening of good food, love, and celebration.

Memory Care seating begins at 4:00 PM. Please RSVP by calling 984-232-0528 — you may leave a voicemail if needed. Tickets are \$25.00 per person, and all reservations must be submitted by June 7, 2025.

We can't wait to celebrate this special day with you!



HAPPY
Father's
day



Karen R.
Ed. M
6/5

Barbara K.
6/9

Beverly B.
6/17

Betty Sue S.
6/25

Romaine M.
6/28



\$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!

LAKE BOONE CONNECT

JUNE 2025



Redefining Retirement Living

SINGH

3550 Horton St, Raleigh, NC 27607
www.waltonwood.com | 919-569-5444

Hello June!



A Month of New Life and Blossoms

Dear Residents, Families, and Friends,

June marks the start of summer in the Northern Hemisphere, bringing longer days, warmer weather, and a sense of renewal and activity. It's a month often associated with celebrations, from graduations and weddings to Pride Month and Father's Day. In nature, flowers are in full bloom, and schools begin to let out, making it a popular time for vacations and outdoor gatherings. June is also a time to set fresh intentions for the second half of the year and to enjoy the energy that mid-year brings.

COMMUNITY MANAGEMENT

Jared Dicks
Assistant Executive Director

Mark Alexander
Independent Living Manager

Yvette Evita-Gunter
Business Office Manager

Andre' Vaughn
Environmental Services
Manager

Ben Hollinger
Culinary Services Manager

Niya Stafford-Hooks
Valencia Smith
Marketing Managers

Rosanna Nguyen-Anwar
Resident Care Manager

Christina Ryerson
Independent Living Life
Enrichment Manager

Taylor Rountree
Memory Care Life
Enrichment
Manager

ASSOCIATE SPOTLIGHT:

KiKi Nix

This fall, KiKi will be celebrating seven years as a valued team member at Waltonwood. Over the years, her favorite part of the job has remained the same: assisting residents and hearing the unique and wonderful stories they share. Originally from the West Coast, KiKi is a proud parent of three daughters and a grandparent to six grandchildren. Outside of work, she enjoys attending hockey games, crocheting, and reading. KiKi’s current favorite TV show is Mob Land, and Ever After holds the top spot as her favorite movie. Waltonwood has truly become a second home for KiKi. She feels grateful to be part of a team filled with dedicated, hardworking individuals and deeply value the bonds she has formed with both coworkers and residents.



MAY HIGHLIGHTS



FOREVER FIT: FOCUS ON FITNESS

Proper Posture

A common concern for many seniors is age related changes in posture that many older individuals often experience. While bone loss, disk shrinkage and muscle loss are all common causes for changes in stature, small changes can help improve and, in some cases, reverse the effects of unwanted postural changes. If you’re one of the many seniors currently experiencing an age-related symptom related to improper posture keep these tips in mind to improve the way you move and feel.

- Regular exercise with a focus on core strength including the abdominal, low back, hip and pelvic muscles can greatly improve postural health.
- Talk to your doctor about calcium and vitamin D supplementation to help with bone health.
- Practice better postural habits throughout the day. If you use a walking be sure it’s set to the correct height to minimize hunching. If you sit for longs periods, get up regularly and take breaks. A more mindful approach can dramatically help your overall health.

Juneteenth - June 19th

Honoring Juneteenth: A Celebration of Freedom

Juneteenth, observed on June 19th, marks a pivotal moment in American history—the day in 1865 when the last enslaved African Americans in Galveston, Texas were informed of their freedom, over two years after the Emancipation Proclamation was signed. Today, Juneteenth is a time to celebrate African American culture, reflect on the struggles and achievements of Black communities, and reaffirm our commitment to justice and equality. As we honor this important day, we encourage everyone to learn more about its history and engage in meaningful conversations and community events that promote unity and understanding.



JUNE SPECIAL EVENTS

3

National Macaroon Day

10

Decorating Birthday Boxes

13

Donuts with Dad

17

National Root Beer Day



EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

As we step into June, we enter a season of growth, reflection, and renewed energy. This month brings with it the promise of summer, a time to celebrate progress and prepare for the opportunities ahead. June is also a moment to recognize important milestones—Pride Month reminds us of the value of inclusion and equity, while Father’s Day and graduation season offer chances to honor personal achievements and relationships. As we approach the midpoint of the year, I encourage us all to pause, assess our goals, and refocus our efforts to ensure a strong and purposeful second half of the year.