



“Everything good, everything magical happens between the months of June and August.”

Jenny Han

AUGUST ANNOUNCEMENTS

Seniors helping Senior Dogs



Calling all animal lovers! Waltonwood Lake Boone is excited to announce we’re hosting a pet supply drive to benefit our friends at the Wake County Animal Center! Let’s show these furry friends some love! We’re collecting new pet supplies, blankets, toys, and pet food. Simply drop your generous donations in our designated lobby drop boxes.

Every contribution makes a difference, and we thank you in advance for helping us support this wonderful cause!

We will be collecting contributions through the end of August!



\$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!

LAKE BOONE CONNECT

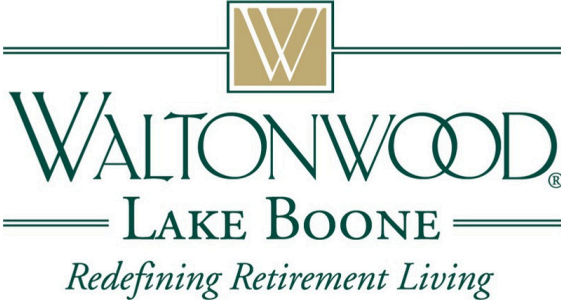
August 2025



A Month of New Life and Blossoms

Dear Residents, Families, and Friends,

As summer begins to wind down, August brings warm days, golden sunsets, and the perfect time to relax and enjoy the season’s slower pace. It’s a wonderful month to reflect on summer memories, stay connected with friends, and enjoy the simple pleasures like fresh garden vegetables, ice cream socials, and evening walks. Whether you’re attending one of our upcoming activities or simply savoring a good book in the shade, we hope August brings you peace, joy, and moments that make you smile.



SINGH

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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

Molly Holden
Assisted Living Life Enrichment Manager

ASSOCIATE SPOTLIGHT:
Shaun Cates
Born and raised in Durham, NC, Shaun has been happily married for 25 years and is the proud parent of four children — three daughters and one son. Along with a passion for helping people, Shaun has a deep love for music. Since joining the Waltonwood family in November 2024, he has truly enjoyed every chance to connect with residents — something he wishes could happen even more often.



MAY HIGHLIGHTS



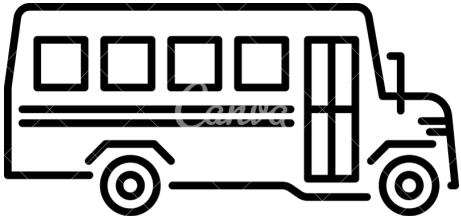
FOREVER FIT: FOCUS ON FITNESS

A focal point of the Waltonwood Forever Fit Program is the use of resistance training to significantly improve the quality of life for our residents. A key component in establishing long-term health and independence lies in our ability to maintain muscle strength as we age. Research indicates a direct relationship between aging and the loss of muscle, decrease in bone density and diminished level of physical function. In fact, the average person over the age of fifty can experience a 15%-20% loss in muscle strength per decade in the absence of regular exercise. Whether exercise machines, dumbbells, bands or body weight, resistance training has been shown to dramatically improve over health and well-being while delaying muscular atrophy, increasing bone density and improving balance and coordination. Start slow, build gradually and stick with it. Improvements take time but it’s those improvements that make or time much more prosperous.

July Recap

What did we get up to this past month in Assisted Living?
This past month we tried to push the envelope with some new, interesting activities. We had an open mic comedy show on the first, where residents were encouraged to get up and tell some jokes for the crowd. Later in the month we celebrated Nation Fashion Day by learning a bit about fashion history and having a fashion show! Residents helped out with our Camp Waltonwood event by making decorations and greeting campers; they participated in our Clear the Shelter campaign by making blankets for shelter dogs and passing out pup cups to those who donated pet supplies. We went on outings to the NC Museum of Art, hit some golf balls at Drive Shack, and explored the living jungle at the Natural Sciences museum! We look forward to more exciting activities in the month of August!

AUGUST OUTINGS



Sign up at the concierge

8/1	8/5	8/15	8/22	8/29
Shopping Trip to Marshall’s	AL/MC Trip to Wake County Animal Center	Coffee Date at Starbucks	Ice Cream at Kilwins	Picnic Lunch at Pullen Park

To reserve transportation services, please contact the front desk at (984) 232-0528. You may also contact our driver directly at (919) 271-7507.

EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

It is truly an honor to step into the role of Executive Director at Waltonwood Lake Boone! My goal is to ensure that every resident feels safe, heard, and at home here - and that every family feels confident in the care their loved one receives. I look forward to getting to know each of you better in the coming weeks and months. Please don’t hesitate to stop by my office or say hello when you see me around the community - I’m always happy to connect.

- Cameron Gregory, Executive Director