



# AUGUST ANNOUNCEMENTS

## Clear the Shelters

*Calling all animal lovers!*



*Waltonwood Lake Boone is excited to announce we're hosting a pet supply drive to benefit our friends at the WakeGov Pets: 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!*



## \$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



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## Hello August!



## A Month of Sunshine!

Dear Residents, Families, and Friends,

Welcome to August!

As we step into the final stretch of summer, August brings with it a sense of transition. It's a time when long, sunny days slowly begin to mellow, and preparations for the fall season start to take shape. Whether you're savoring a last vacation, gearing up for a new school year, or simply enjoying the warmth of the season, August offers a perfect blend of productivity and relaxation. Let's make the most of these golden days!

## COMMUNITY MANAGEMENT

**Cameron Gregory**  
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

**Richie Fernandez**  
Assisted Living Wellness Coordinator

**Jazman Williams**  
Memory Care Wellness Coordinator

**Christina Ryerson**  
Independent Living Life Enrichment Manager

**Molly Holden**  
Assisted Living Life Enrichment Manager

**Taylor Rountree**  
Memory Care 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.



JULY HIGHLIGHTS



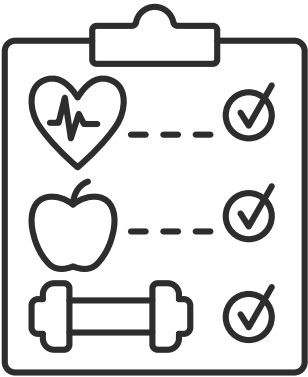
FOREVER FIT: FOCUS ON FITNESS

A Strong Foundation

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.

National Wellness Month

National Wellness Month was born out of the idea that if we are going to do big things in the world. In between building our careers, raising a family, furthering our education, creating new ideas, and nurturing our bodies, we need to take care of ourselves, too.



AUGUST SPECIAL EVENTS

5  
Homemade Dog  
Treats

12  
Nasher Museum  
Tour



26  
Wild Tails Exotic Animal  
Visit

28  
Coastal Happy Hour



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends,

As we move through August, I'm reminded of the importance of both reflection and forward momentum. This month offers a valuable opportunity to assess our progress, celebrate the hard work of our teams, and align our goals for the busy months ahead. I'm incredibly proud of what we've accomplished so far this year and confident in our continued growth and impact. Let's use this time to recharge, reconnect, and refocus— together, we are building something meaningful.