



JANUARY ANNOUNCEMENTS

WALTONWOOD to DOLLYWOOD

Get ready to kick up your heels as we celebrate the one and only Dolly Parton on January 16! We're dedicating the entire day to this legendary entertainer with a lineup of fun socials, games, and activities inspired by Dolly's music, style, and larger-than-life personality. From toe-tapping tunes to plenty of laughter and good company, it's sure to be a day filled with joy, nostalgia, and Southern charm. Whether you're a lifelong fan or just love a good celebration, come join us for a day that's as warm, welcoming, and unforgettable as Dolly herself! 🎵🌟



LAKE BOONE CONNECT

JANUARY 2025

Hello January!



HAPPY NEW YEAR!

Welcome to a brand-new year! January is a time for fresh beginnings, cozy moments, and looking ahead with optimism and excitement. As we settle into the heart of winter, this month brings plenty of opportunities to connect, stay active, and enjoy time together here in our community.

We're looking forward to a January filled with warm smiles, engaging activities, and special events that make each day meaningful. Let's start the year off right and make the most of all that January has to offer!



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COMMUNITY MANAGEMENT

Cameron Gregory
Executive Director

Jared Dicks
Independent Living Manager

Yvette Evita-Gunter
Business Office Manager

Andre' Vaughn
Environmental Services Manager

Niya Stafford-Hooks
Valencia Smith
Marketing Managers

Jazman Williams
Assisted Living Wellness Coordinator

Rosalind Wilson
Memory Care Wellness Coordinator

Jennifer Noyd
Independent Living Life Enrichment Manager

Molly Holden
Assisted Living Life Enrichment Manager

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!



ASSOCIATE SPOTLIGHT:

Romona Wright

Romona Wright has been a valued member of the Waltonwood family for over three years and truly enjoys every moment of her time here. Her favorite part of her role is interacting with and caring for our Memory Care residents, which she finds especially rewarding. Born and raised in Raleigh, Romona now resides in Cary, NC, and is the proud mother of two children—a daughter and a son. A self-described homebody, she loves relaxing at home while watching classic shows such as The Waltons, The Jeffersons, and The Andy Griffith Show, and she enjoys listening to both gospel and jazz music. Romona shares that Waltonwood feels like home to her, and she deeply appreciates her wonderful supervisors who make coming to work both easy and fun.



DECEMBER HIGHLIGHTS



FOREVER FIT: FOCUS ON FITNESS

Don't Do It Alone

When we think of exercise, we often think of stronger muscles and healthier bodies. While this is true, when regular exercise is combined in a social capacity the physical benefits may also extend to our cognitive functioning too. Recent data suggests that those who work out at least twice a week with a workout buddy, or in a small group, also lowered their risk of developing cognitive decline versus those who exercised alone. The data also shows that the social engagement boost motivation, improves accountability and creates a greater sense of belonging. So, when you're setting those New Year's resolutions remember a good workout with some great friends may be the best way to stay healthy for years to come.

MLK Day

Martin Luther King Jr. Day is a time to honor the life and legacy of Dr. King, who worked peacefully for justice, equality, and respect for all people. It's not only a day of remembrance, but also a "day on, not a day off," encouraging us to serve our communities. You can celebrate by volunteering, supporting local organizations, learning more about civil rights history, or doing small acts of kindness that help bring people together. By reflecting on Dr. King's message and taking positive action, we can all help build a more caring and inclusive community.



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Puzzle piece snowflake craft



EXECUTIVE DIRECTOR CORNER

A new year brings fresh energy, new opportunities, and a renewed commitment to one another and the community we are so proud to serve. January is a time to reflect on what we've accomplished together and to look ahead with excitement and purpose. As we step into 2026, I'm inspired by the dedication, compassion, and teamwork I see every day. Let's use this fresh start to continue strengthening connections, embracing new ideas, and creating meaningful moments for our residents and each other. Thank you for all you do to make our community feel like home—I can't wait to see what we achieve together this year!

Cameron Gregory