



September Birthdays!

Jodie L.
September 9th

Tom E.
September 11th

Clara B.
September 19th

Sarah W.
September 19th

Nathan D.
September 30th



RESIDENT CARE DEPARTMENT UPDATE

Stay Connected with the LifeSource Patient Portal!

LifeSource is excited to offer an easy and convenient Patient Portal that helps you stay connected with your care team anytime! Through the portal, active patients can message their provider or care team, request an appointment, ask clinical questions, view visit summaries, access lab and imaging results, and review their current medication list. Getting started is simple! Visit www.lifesourceinc.org and select the “Login” or “Register” button at the top of the page to create your account. The Patient Portal is a great way to stay informed and involved in your overall care.

Stay Healthy This Flu Season!

Flu season is just around the corner, and it’s a great time to take a proactive step toward protecting your health and the health of those around you. We’re pleased to partner with True Care Pharmacy to offer an on-site Flu Clinic on September 24, 2026. Residents who would like to receive their flu vaccination should complete the required forms, available at the Concierge Desk, before September 11, 2026. If you choose not to receive a flu vaccination this season, please complete the appropriate Declination Form, also available at the Concierge Desk. Have questions or need assistance? Please reach out to one of our Wellness Coordinators or the RCM. Let’s work together to stay healthy and flu-ready this season! Thank you, and we look forward to seeing you at the clinic!



FAMILY & FRIENDS REFERRAL PROGRAM!

\$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!

LAKE BOONE CONNECT

September 2026

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Hello September!!



The Month of New Beginnings

September welcomes us into a beautiful new season, bringing with it crisp mornings, changing leaves, and a wonderful opportunity to slow down and savor the moments that make our community special. As summer transitions into fall, we look forward to a month filled with meaningful connections, engaging activities, exciting outings, and plenty of opportunities to gather with friends and family. From celebrating the beauty of the season to enjoying the simple pleasures of good conversation, delicious food, and shared experiences, September is a time to embrace everything our community has to offer. We invite you to join us throughout the month as we celebrate the start of fall and create new memories together!

COMMUNITY MANAGEMENT

- Cameron Gregory, Executive Director
Yvette Gunter, Business Office Manager
Andre Vaughn, Environmental Services Manager
Alexander Smith, Culinary Service Manager
Niya Stafford-Hooks, Valencia Smith, Marketing Managers
LaTasha Archie, Resident Care Manager
Clarissa Cook, Assisted Living Wellness Coordinator
Rachel Walters, Memory Care Wellness Coordinator
Jennifer Noyd, Independent Living Manager
Nancy Urbanowicz, Independent Living Life Enrichment Manager
Holly Bryant, Assisted Living Life Enrichment Manager
Sheridan Schoen, Memory Care Life Enrichment Manager

ASSOCIATE SPOTLIGHT:

Jimmy Dickens

Jimmy has been a Maintenance Technician at Waltonwood Lake Boone since August 17 of last year. His favorite part of working at Waltonwood is the support and teamwork he receives from his manager, Andre, supervisor Kiki, Bob, and the Environmental Services team. Jimmy believes his success is a reflection of those around him and is grateful to work with a team that supports and trusts one another. Outside of work, Jimmy enjoys fishing and owns a restaurant in Georgia with his wife, Cassandra, where their oxtail pizza went viral on social media! He is also passionate about giving back to his community and served as a civil rights leader before becoming the first Black city council member in Kennesaw, Georgia, in 2016. Most importantly, Jimmy is proud of his six children and his family.



SEPTEMBER SPECIAL DATES

- 7

Labor Day
- 12

Rosh Hashanah
- 14

Bluegrass Band
- 22

First Day of Fall



FOREVER FIT: FOCUS ON FITNESS

September in Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

SEPTEMBER ANNOUNCEMENTS

New Outing Day: Wednesday

Beginning in September, Wednesdays will be our dedicated Outing Day! Regular outings will take place from 10:30 a.m. to 12:30 p.m., giving residents the opportunity to enjoy local attractions, shopping, dining, and more. Special outings may occur on different days or times and will be noted on the community calendar.

Outing Sign-Up Sheet

A new Outing Sign-Up Binder will be located at the Concierge Desk and labeled “Waltonwood Lake Boone Outing Sign-Up Sheet.” Residents must sign up in advance for all outings. Seating is limited and available on a first-come, first-served basis, so be sure to sign up early for your favorite outings!

AUGUST HIGHLIGHTS



EXECUTIVE DIRECTOR CORNER

As we welcome September, I’m reminded that one of the best things about Waltonwood Lake Boone is the sense of community we share. As summer winds down and we look toward the fall season, I hope you’ll take time to enjoy the many opportunities to connect with your neighbors, participate in activities, and make new memories together. Thank you for continuing to make Waltonwood Lake Boone more than just a place to live. Your stories, friendships, laughter, and involvement are what truly make this community feel like home. I’m looking forward to all that September has in store and to enjoying the season with each of you. As always, please know that my door is open. I appreciate your feedback, your ideas, and the opportunity to serve this wonderful community. Here’s to a happy and memorable September!

Cameron Gregory