



“Whatever you want to do, if you want to be great at it, you have to love it and be able to make sacrifices for it.”

-Maya Angelou



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!

\$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

SEPTEMBER 2026



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

Hello September!



September: A Season of Change

September is a beautiful month that brings a sense of change and new beginnings. As summer comes to an end, the days begin to cool, the leaves slowly start to change, and we look forward to the arrival of fall. September is a wonderful time to reflect on the year so far, appreciate the memories we have made, and enjoy the simple pleasures that each new season brings.

September also reminds us that change can be a wonderful thing. It is a month filled with opportunities to spend time with family and friends, enjoy favorite activities, and make new memories. Whether it’s taking a peaceful walk, enjoying the cooler weather, or gathering together to share stories and laughter, September gives us a chance to embrace the season and look forward to all that fall has to offer.

COMMUNITY MANAGEMENT

Cameron Gregory
Executive Director

Yvette Gunter
Business Office Manager

Jennifer Noyd
Independent Living Manager

Nancy Urbanowicz
Independent Living Life Enrichment 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

Holly Bryant
Assisted Living Life Enrichment Manager

Rachel Walters
Memory Care Wellness Coordinator

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 reflects 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, Cassandre, 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. Thank you, Jimmy, for all that you do!



AUGUST HIGHLIGHTS



FOREVER FIT: FOCUS ON FITNESS

Strength & Balance

September is 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

National Family Day - September 28th

National Family Day is a special opportunity to celebrate the importance of family, connection, and togetherness. It is a time to appreciate the love and support that families provide and to create meaningful memories with the people who matter most. This day reminds us that spending quality time together can strengthen relationships and bring joy to everyone.

Family Night Social Hour

We invite the families of our residents to join us for a **Family Night Social Hour** from **6:00 PM–7:00 PM**! Come spend some quality time together while enjoying a fun **family craft and refreshments**. We look forward to welcoming you and creating a warm, enjoyable evening filled with connection, creativity, and family fun!

SEPTEMBER SPECIAL EVENTS

7

Labor Day

10

Exploring Senses:
Tasting Teddy
Graham Flavors



14

Bluegrass Band
Performance

28

Family Day



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