


## Celebrating Birthdays this Month:

Peggy S. – September 3rd

Charlene S. – September 6th

Susan T. – September 8th

Haywood H. – September 8th

Durene P. – September 11th

## OUTINGS

The sign up sheets for outings are located in a leatherbound binder outside the Evergreen Fitness Room on the 3rd Floor.

**Community outings will be temporarily paused beginning September 22 while our bus undergoes repairs and repainting. Scheduled appointments will continue as planned using our community minivan.**

Here are our outings for the month of September:

- September 3rd – Krispy Kreme Donuts
- September 7th – Scenic Drive to Falls Lake
- September 10th – Rita's Italian Ice
- September 14th – Scenic Drive to Historic Oakwood
- September 17th – Yellow Dog Bread Company
- September 21st – Scenic Drive to Umstead State Park

## ADVENTURE BY WALTONWOOD

We are excited to continue promoting our company-sponsored program called Adventure by Waltonwood. At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. The purpose of this program is to encourage Waltonwood residents to pursue their life's desires and ambitions. Adventures can be as big or small as you would like – the possibilities are endless! From revisiting meaningful places to trying something completely new, each experience is thoughtfully planned to create joy, connection, and lasting memories. Our goal is to celebrate each resident's unique story while helping them continue to grow, explore, and feel inspired every day.

Residents can nominate themselves for an Adventure, or may be nominated by family members, staff or other residents. All Adventure requests must be submitted to Christina or Danielle in Life Enrichment. Please reach out to a Life Enrichment team member if you have any questions.

We are so excited to kick off this program and help make our residents' dreams come true!



FRIENDS & FAMILY REFERRAL PROGRAM!

## $3,500 RESIDENT 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!



# LEAD MINE CONNECT

WALTONWOOD®
*Redefining Retirement Living*
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www.waltonwood.com | 984-304-9900
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SEPTEMBER 2026
MEMORY CARE



## FALLING INTO AUTUMN

Welcome to September! As we begin the transition into fall, we look forward to another month of engaging programs, meaningful connections, and opportunities to make lasting memories together. We encourage all residents and families to join us for the many activities and special events planned throughout the month.

This month, we are proud to partner with a local nonprofit to collect hygiene supplies and assemble hygiene kits for those experiencing homelessness. We invite residents, families, and team members to join us in supporting this meaningful community initiative.

The MAT team will be visiting on Monday, September 28th to assist residents with absentee voting and voter registration, helping ensure everyone has the opportunity to participate in the upcoming election.

We're also excited for a month filled with entertainment and seasonal celebrations. Join us on Wednesday, September 16th for Walton Woodstock featuring music, dancing, and favorite hits from the 1950s through the 1970s. We'll close out the month on Wednesday, September 30th, with a live music performance followed by hot mulled cider on the Memory Care terrace as we welcome the arrival of fall.

We look forward to another wonderful month together. Thank you for being such an important part of our Waltonwood family!

- Your Waltonwood Family

## COMMUNITY MANAGEMENT

Eric Davis
Executive Director

Diane Davis
Business Office Manager

Chef Robert Stephan
Culinary Services Manager

Joseph Wright
Environmental Services Manager

Christina Ryerson
AL Life Enrichment Manager

Danielle Lucido
MC Life Enrichment Manager

Tiffany Ashton
Marketing Manager

Nick Long
Marketing Manager

Grayson Hale
Associate Marketing Manager

Gintare Bernotas
Resident Care Manager



## ASSOCIATE SPOTLIGHT:

## MARIA MUÑOZ

Meet Maria, our Associate of the Month! Maria joined Waltonwood in December 2025 as a pastry chef and was recently promoted to Culinary Supervisor, an exciting next step in her journey at Waltonwood. She loves cooking and says her favorite part of Waltonwood is its strong sense of community. Maria enjoys getting creative for special events, from tea parties and family nights to our Camp Waltonwood Carnival. Originally from Puerto Rico, Maria lived in Florida before moving to Raleigh about a year ago with her daughter, Monica, a pastry chef here at Waltonwood. Outside of work, Maria enjoys video games, classic horror movies, and spending time with her pets, including her dog Luna, four tarantulas, two bearded dragons, and two scorpions! We are so lucky to have Maria's creativity, passion, and warm personality on our team.

## AUGUST HIGHLIGHTS

August was full of memorable moments and summer fun! Camp Waltonwood was a huge success, bringing residents and visiting children together for an afternoon of carnival games, delicious food, face painting, and a magic show. Residents joined in on the fun, with many getting their faces painted and enjoying the festivities alongside our young visitors.

We also celebrated National Lemonade Day with a refreshing lemonade social and a lemon-inspired watercolor art project, giving residents a chance to get creative while enjoying a summertime favorite.

Later in the month, National Dog Day brought plenty of smiles during our Yappy Hour! Residents loved visiting with two special canine guests while sipping some Paw-some Punch and enjoying adorable paw-shaped cookies!





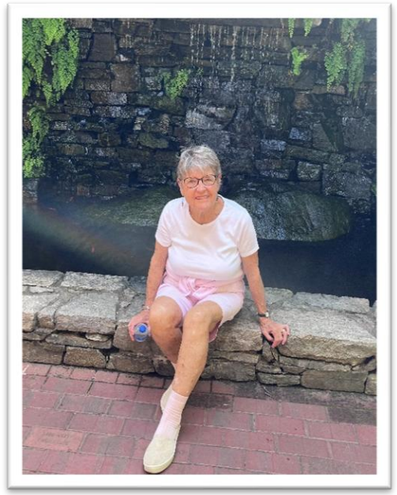




## FOCUS ON FITNESS: STREGNTH & BALANCE

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.





## TRANSPORTATION INFORMATION

Our Driver, Tia Burt, will be available by phone at 984-308-2193 to take appointments.

She is available to transport residents to and from appointments on Tuesdays and Wednesdays. Please try to schedule at least 2 weeks in advance to ensure availability for your needs. Please speak with Danielle or Tia if this is your first time using this service.

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|---|---|
| Tuesday | 9:00am-3:30pm |
| Wednesday | 9:00am-3:30pm |
| Thursday | By Appointment Only |
| Friday | By Appointment Only |

## SEPTEMBER SPECIAL EVENTS

**04**

Celebrate National Wildlife Day with themed programs and a wild twist on our Friday Happy Hour!

**14**

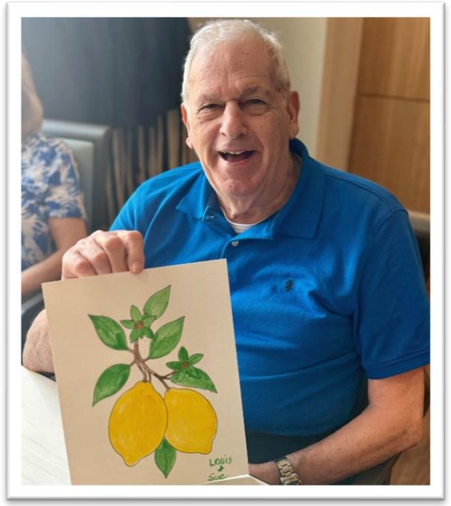
Pack your bags for Chicago as our Road Trip USA adventure takes us to the Windy City!

**16**

Get groovy at Walton Woodstock with music and dancing to hits from the '50s through the '70s!

**22**

Celebrate the first day of fall with an autumn-themed Taste Test Tuesday and a festive seasonal craft!



## EXECUTIVE DIRECTOR CORNER

September is a month of transition. The days begin to shorten, the air becomes a little cooler, and we slowly trade the long days of summer for the warmth and beauty of fall. It is also a wonderful time to pause and reflect on the people and experiences that have shaped who we are.

This month, we are especially excited to celebrate National Assisted Living Week, September 13–19! We have a fun-filled week planned with delicious food, exciting activities, entertainment, laughter, and plenty of opportunities to celebrate our incredible residents and the people who make Waltonwood Lead Mine such a special place to call home.

We look forward to celebrating the week together and creating wonderful memories along the way!

- Eric Davis