

Celebrating Birthdays this Month:

Michael P. – November 9th

Robert W. – November 13th

Jeanie B. – November 30th

OUTINGS

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

Here are our outings for the month of November:

- Monday, November 2nd – Scenic Drive to Umstead State Park
- Thursday, November 5th – La Farm Bakery
- Monday, November 9th – Scenic Drive to Lake Wheeler
- Thursday, November 12th – FRESH Local Ice Cream
- Monday, November 16th – Scenic Drive to Historic Oakview Neighborhood
- Thursday, November 19th – Peach Cobbler Factory
- Monday, November 23rd – Scenic Drive to Lake Crabtree
- Monday, November 30th – Scenic Drive to Historic Yates Mill

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

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NOVEMBER 2026
MEMORY CARE



A NOVEMBER TO REMEMBER

November brings a season of gratitude, kindness, and opportunities to give back! As Thanksgiving approaches, we reflect on the people and moments that make our community so special. This month, we're especially excited to congratulate Dietra on 15 wonderful years with Waltonwood! We are grateful for her dedication and many contributions throughout the years.

In honor of Veterans Day, we'll recognize the brave men and women who have served our country with a special remembrance program presented by one of our hospice partners. We'll also proudly unveil our Veterans Wall of Honor, celebrating the service and sacrifice of our resident veterans.

On Friday, November 13th, we'll celebrate World Kindness Day! Residents will create thoughtful kindness cards for associates and neighbors, reminding us that even the smallest gestures can make a meaningful difference.

Our Hygiene & Cold Weather Donation Drive continues through Thanksgiving, benefiting the Women's Center of Wake County and Oak City Cares. We're collecting hygiene products and cold-weather essentials for individuals experiencing homelessness, with a donation basket located in the lobby. During Kindness Council, residents will help assemble donated items into care bags for those in need.

We'll also gather for a special Thanksgiving luncheon during Thanksgiving week, sharing a delicious meal and celebrating the season of gratitude. We are especially thankful for our residents, families, associates, and the wonderful community we share. Here's to a November filled with kindness, connection, and giving thanks!

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

Shay Williams
MC Wellness Coordinator



ASSOCIATE SPOTLIGHT:

STEVEN SMITH

Meet Steven, our Associate Spotlight of the Month! Steven joined Waltonwood in June 2026 as a server, primarily working in our Memory Care dining room while also serving residents in Assisted Living. His favorite part of working at Waltonwood is making a difference in residents' lives, whether it's lending a helping hand, sharing a smile, or building meaningful connections. He especially enjoys welcoming new residents and helping them feel right at home. Outside of work, Steven enjoys playing video games, especially his current favorite, *Fallout Las Vegas*, spending time outdoors, hiking, and searching for geodes to crack open. He also enjoys working on cars and creating handmade wire jewelry. Steven is a proud cat dad to Rocky Reginald Beauregard II! We are so lucky to have Steven's kindness, enthusiasm, and caring spirit on our team!

OCTOBER HIGHLIGHTS

October brought plenty of discovery, creativity, and fall fun! We celebrated Active Aging Week with our theme, A Lifetime of Discovery, featuring a live animal encounter with the Durham Museum of Life and Science. We also wrapped up our Road Trip USA adventure with a final stop in Asheville, North Carolina!

Residents got creative with pumpkin painting, spooky Oobleck, and leaf silhouette art. We also celebrated National Apple Harvest Day with an apple-themed social and gathered for our Pretty in Pink Social in recognition of Breast Cancer Awareness Month.

We closed out the month with Halloween festivities, including a Trunk-or-Treat with a local preschool, a festive Halloween Happy Hour, and a resident costume parade! October gave us plenty of wonderful memories to look back on!









FOCUS ON FITNESS: STRONG BODY & SOUND MIND

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.



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.

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

NOVEMBER SPECIAL EVENTS

11

Join us for a special Veterans Day remembrance and Wall of Honor unveiling!

13

Celebrate World Kindness Day by spreading kindness throughout our community!

16

Travel to Rome with us for an afternoon of Italian-inspired fun!

26

Join us as we celebrate Thanksgiving with gratitude, joy and community!



EXECUTIVE DIRECTOR CORNER

As we welcome November, I am reminded of how much we have to be thankful for, especially our wonderful residents, families, and dedicated team members who make our community so special. Each day, I am grateful for the opportunity to work alongside a team that brings compassion, kindness, and joy to our residents.

Thanksgiving is a wonderful time to gather, reflect, and create meaningful memories with the people we love. As we look ahead to Thanksgiving and the upcoming holiday season, we encourage residents to invite their loved ones to celebrate with them here in our community. If you would like family or friends to join you for a holiday meal, please be sure to make reservations with our Concierge in advance so we can properly prepare.

From our community family to yours, we wish you a happy, healthy, and joy-filled November!

- Eric Davis