PRESS RELEASE

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FOR IMMEDIATE RELEASE
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WALTONWOOD CARY PARKWAY TO HOST DAYLONG ZUMBA CLASS TO RAISE MONEY AND AWARENESS FOR ALZHEIMER'S DISEASE

CARY, N.C. June 19, 2018 – Waltonwood Cary Parkway, a premier senior living community, is teaming up with the Alzheimer's Association and inviting the public to participate in its Longest Day fundraiser on **Thursday, June 21** to raise money and awareness. The event encourages thousands of people worldwide to do what they love and host their favorite activity, and the senior living community picked Zumba. **From 6 a.m. to 8 p.m., the senior living community will host "Zumbafest"** for people of all ages and abilities. A certified instructor will lead 45-minute classes that start every hour. **Waltonwood Cary Parkway Executive Director Richard Mable will participate the entire time.** The fundraiser is held annually on the summer solstice (the longest day of the year) because the duration of this sunrise-to-sunset event symbolizes the challenging journey of those living with Alzheimer's disease. The classes at Waltonwood Cary Parkway (750 SE Cary Parkway) are open to the public and free, but donations will be accepted.

"We are excited to raise money and awareness for Alzheimer's disease," said Mabe. "Many of the residents and associates have a loved one or friend affected by this disease, and we want them to know we stand with them in this fight. We are participating in The Longest Day as a team so that we can recognize the dedication, compassion, energy, longevity and, most importantly, the love that caregivers share with those who suffer from dementia. We have an amazing group of people who give 110 percent each day engaging our memory care residents. We want them to know how much we appreciate their commitment. I plan to dance all day long and show my support for the Alzheimer's Association, and I hope the public will join us. There will be music and vendors as well as refreshments for sale. Together we can show those fighting this disease that they are not alone."

Alzheimer's disease is a global epidemic, according to the Alzheimer's Association. It is the sixth leading cause of death in the United States, with more than five million people living with the disease and 47 million people worldwide suffering from dementia. Dr. Stanley Flemming, 84, understands the journey far too well. His wife of 45 years, Gayle, 73, has dementia and lives in the memory care community at Waltonwood Cary Parkway. The former assistant professor says moving his wife to the senior living community was a difficult decision, but the best one to help manage her medication and

receive 24/7 care. He visits the community nearly every day and plans to attend the Longest Day fundraiser to shine light on those suffering from the disease, as well as those who care for them.

"Gayle first started showing signs about seven years ago," said Dr. Flemming. "It was hard for her to accept it at first. She went through the denial process even after officially being diagnosed. We did everything we could, but our family decided that moving her to a senior living community made the most sense. She receives quality care, and we have noticed improvements. Before, she didn't know who I was, and now she recognizes me when I visit. People who take care of the men and women living with Alzheimer's and dementia are very important. They play a vital role in helping them on their journey. I am grateful for the care she receives and want to support the caretakers in anyway I can. I look forward to attending the Longest Day fundraiser because raising awareness is tremendous. It's a challenging disease, and I hope we can soon have better medication and eventually a cure."

The Zumba event is free and open to the public. If you are interested in donating, please visit http://act.alz.org/goto/waltonwoodcary.

If you are reporter or photojournalist interested in covering this story, please contact Chelsi Smith at (214) 378-7970 ext. 238 or csmith@thepointgroup.com, or Amy Jones at ext. 302 or ajones@thepointgroup.com.

ABOUT WALTONWOOD CARY PARKWAY

Waltonwood Cary Parkway offers seniors a dignified, individualized community where residents can thrive. The community offers independent living cottages, and independent, assisted living and memory care apartments in studio, one- and two-bedroom floor plans, creating a continuum of care where residents can enjoy an active lifestyle and receive care if they need it. The community offers many engaging amenities, including a theater, therapy pool, putting green, garden view lounge and private courtyards throughout its acreage. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program and a Montessori-based dementia care program.

Singh is a family-owned company and for 45 years they have remained multifaceted in real estate development, with a strong foundation in luxury apartments, commercial properties, land development, high-end single-family homes and, for nearly 30 years, senior living communities which have been branded "Waltonwood." The vertical integration of the company, which provides for development, construction, finance and management under one umbrella, allows Singh to be poised for new opportunities in expanding markets. All projects are wholly owned by Singh and continue to be owned and managed by Singh.

The company is headquartered in West Bloomfield, MI and has regional offices in Cary, NC. Learn more about Singh and its Waltonwood communities at www.singhweb.com. If you are interested in learning more about Waltonwood Cary Parkway, please visit www.waltonwood.com or call 919-275-0983.

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