

CARY PARKWAY CONNECT

DECEMBER 2018



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Tis' the Season....

Waltonwood Cary Parkway would like to extend a thank you to all of the families, friends, and loved ones who joined in the season of gratitude. We appreciate every one of our family members at Waltonwood. We would not be who we are without all of you!

As we embark on a new holiday season, we hope to continue to share in the community love and togetherness that the holidays remind us to cherish. Remember, we always enjoy your presence during all of our activities and festivities here at Waltonwood!

During this holiday season let us think of the individuals who surround us in our daily lives, but also those we have lost this year in our community. We are sending thoughts of comfort & peace to those families we hold dear. Remember a smile or a warm embrace goes a long way. Let's spread our love and joy because we are all a part of one family with the shared goal of living our best, most enriched, and fulfilling lives.

May this season fill you with love, blessings, and good tidings.

-Your Waltonwood Family

COMMUNITY MANAGEMENT

Richard Mabe
Executive Director

Tina Forsythe
Business Office Manager

Andy Fetzer
Culinary Services Manager

LaQuita J. Dunn
AL Life Enrichment Manager

Allison Whitaker
MC Life Enrichment Manager

Christina Henderson
IL Life Enrichment Manager

Monte Montague
Environmental Services Manager

Niya Stafford-Hooks
Marketing Manager

Chelsea Gray
Marketing Manager

Dottie Wallin
Resident Care Manager

ReRe Artis
AL Wellness Coordinator

Andi Vogel
MC Wellness Coordinator

WILLIE DUNMEYER JR.

Willie Dunmeyer Jr. is our associate spotlight for the month of December. Willie was born in Panama while his father was serving in the army. He made his way to North Carolina after moving from Texas then Virginia. Being hired as a dishwasher in 2011, he quickly showed his skill as a cook and has been assisting with the wonderful dining experience at Waltonwood every since.

We are lucky to have Willie as a part of our Waltonwood Cary Parkway team and want to congratulate him for his dedication and hard work to make our team great.



NOVEMBER HIGHLIGHTS

08

We had a blast at the Family Night Bingo Mixer! The families really enjoyed our AL favorite game!

09

What a pleasure it was to honor over 45 veterans that live here at Waltonwood and reveal our new AL Veterans wall.



15

It was such a pleasure having all the families come share in the Waltonwood Thanksgiving Family dinner.

30

AL residents highly enjoyed our Bingo Auction, The Holiday Edition! They shopped til they dropped!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

It seems hard to believe that another holiday season is already upon us. Whether it’s searching for the perfect gift for a loved one or filling our calendars with parties and gatherings, there just never seems to be enough time to squeeze in all the season has to offer. The hustle and bustle of December can certainly be hectic but don’t let the holiday stress slow you down, keep these “3M’s” in mind during the coming weeks to ensure you have a happy and healthy holiday.

- **Moderation.** Tis the season for overindulgence, which makes pacing yourself even more important this time of year. From the food you eat to the hours you sleep; don’t completely neglect the healthy habits you kept the other 11 months of the year. Try to keep your favorite treats within reason, you’ll feel better and still get to enjoy those things you love.
- **Move.** Aim for 30 minutes of exercise each and every day to keep healthy and strong all winter long.
- **Manage Stress.** The holidays can be overwhelming for anyone and how we manage the stress that it brings can greatly impact our overall healthy. Find healthy outlets and let the joy and laughter that or family and friends bring help to manage even the most stressful days

Introducing...FullCount

It is our goal here at Waltonwood to provide the most positive, efficient, and enjoyable dining experience as possible. We would like to introduce one of our new resources that will help keep this vision flourishing! Full Count is a full-service, point-of-sale software system designed specifically to satisfy the unique needs of retirement communities.

It is equipped with resident identifiers that ensure the correct orders are placed and served to our residents. All physician prescribed diets and meals will be provided in an efficient and timely manner. We take pride in knowing that we are giving our residents a memorable dining experience and with Full Count we are able to take it to another level!



DECEMBER SPECIAL EVENTS

05

We are excited about our evening performance by the locally famous, Dancing Divas!

07

We will enjoy our Home for the Holidays event together with a special craft as we welcome new faces and prospects to our community!

15

Please come join us for our Winter Bazaar! Come out and browse the plethora of products and do some holiday shopping at our vendor fair from 12-4pm!

19

We look forward to making more memories with you and your family at our annual WW holiday cocktail party from 6-8pm! RSVP Laquita.Dunn@singhmail.com



EXECUTIVE DIRECTOR CORNER

What a great month we had at Waltonwood in November. We shared many opportunities to celebrate tradition with each other and to honor the those who served our great country. From Veterans Day to our Annual Thanksgiving meal, we truly enjoy spending time with each resident, family and friend that is a part of our community. The holiday season is coming full force and once again we will have several community events for you to enjoy throughout the month and I look forward to seeing you there. The New Year shortly follows the hustle and bustle of the holiday season, and I wish each and every one a Happy Holiday season and Happy New Year!

Until Next Time,
Richard



Celebrating Birthdays In December

- Ed Wooten 18th

CHEF’S COOKING DEMONSTRATIONS

05

Shrimp Cocktail Action Station & Tart
Creation Interactive Demo

12

Crab Cakes Action Station

19

Smoked Salmon Crostini Action Station

26

Gingerbread Cookie Bars Action Station

Goat Cheese and Caramelized Onion-Stuffed Beef

- 1 Beef Tenderloin
- 1 Large Yellow Onion
- 2 Cups Crumbled Goat Cheese
- Olive Oil
- Salt and Pepper



1. Heat the oven to 325°.
2. Julienne yellow onions and cook on low heat with olive oil until lightly brown.
3. Cool the onions down and toss with Goat Cheese
4. Trim the beef tenderloin of any fat and silverskin.
5. Butterfly cut the beef to flatten, season with salt and pepper.
6. Lay a strip of onions and goat cheese in the center of the beef.
7. Roll the beef around the filling and either tie with twine or roll in aluminum foil.
8. Bake until the desired temperature, slice thick and serve.

-Chef Andy Fetzer Director of Culinary Services



\$1,000 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!

FRIENDS & FAMILY REFERRAL PROGRAM!