

# CARY PARKWAY CONNECT

DECEMBER 2018



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## The Season of Tidings

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 and love that the holidays remind us to cherish.

During this holiday season let us be reminded of the individuals who surround us in our every day lives and remember that we are a family who supports one another. Let us be reminded to spread our love and happiness because we are all a part of one family with the shared goal of living our best, most enriched, and fulfilling life.

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

Andrew Fetzer  
Culinary Services Manager

Allison Whitaker  
Life Enrichment Manager

LaQuita Dunn  
Life Enrichment Manager

Christina Henderson  
Life Enrichment Manager

Monte Montague  
Maintenance Supervisor

Chelsea Gray  
Marketing Manager

Niya Hooks  
Marketing Manager

Andi Vogel  
Resident Care Manager

Rere Artis  
Resident Care Manager

Dottie Wallin  
Wellness Coordinator



## ASSOCIATE SPOTLIGHT

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

07

We went on an excursion to the Garden Supply with holiday décor, plants of all kinds, and great Christmas gift ideas.

09

We celebrated our Waltonwood veterans with a community-wide commemoration event.



15

Our Waltonwood Thanksgiving dinner included full bellies, laughs, and wonderful people.

27

We made bagged lunches for the Women's Center of Wake County with the help of Gigi's Playhouse for our Giving Tuesday event.



## FOREVER FIT: HOLIDAY HEALTH

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 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 to feel better and still enjoy those things you love.

**Move.** Making it to the gym or fitness center may be a little more difficult at this time of year, but that doesn't mean you can't be active. Aim for at least 30 minutes of exercise every day.

**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 us manage even the most stressful days.

**Have a safe, happy, and healthy holiday!**



## INTRODUCING: FULLCOUNT

It is our goal here at Waltonwood to provide the most positive, efficient, and enjoyable dining experience as possible and therefore 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 matter. 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

Dancing Divas will be performing a special Christmas performance on December 5<sup>th</sup>.

07

Our Waltonwood Open House will be from 11 AM – 2 PM to show prospective residents what being a part of Waltonwood is all about.

15

The Winter Bazaar will be a great opportunity to buy Christmas gifts as local vendors will setup in the AL hallway. Proceeds go to the Alzheimer's Association and Dementia Alliance.

24

Waltonwood's Christmas Eve social will be a special holiday party including games, treats, and caroling.



## 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 those who served our great country. From Veterans Day to our Annual Thanksgiving meal, we truly enjoyed spending time with each resident, family, and friend who are 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

- Guy L.
- Darwin S.

## CHEF’S COOKING DEMONSTRATIONS

06

Cooking Demonstration with Chef Andy

13

Cherry Jubilee Action Station

19

Waltonwood Christmas Dinner

27

December Birthday Lunch Celebration

## Goat Cheese and Caramelized Onion-Stuffed Beef

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



Heat the oven to 325°.

Julienne yellow onions and cook on low heat with olive oil until lightly brown.

Cool the onions down and toss with goat cheese.

Trim the beef tenderloin of any fat and silverskin.

Butterfly cut the beef to flatten and season with salt and pepper.

Lay a strip of onions and goat cheese in the center of the beef.

Roll the beef around the filling and either tie with twine or roll in aluminum foil.

Bake until the desired temperature, slice thick, and serve.

-Chef Andrew Fetzer Dining Services Manager



## \$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!