

CARY PARKWAY CONNECT

DECEMBER 2018



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COMMUNITY MANAGEMENT

Richard Mabe
Executive Director

Tina Forsythe
Business Office Manager

Andy Fetzer
Culinary Services Manager

Ivonne Phillips
Housekeeping Supervisor

Christina Henderson
Life Enrichment Manager IL

LaQuita Dunn
Life Enrichment Manager AL

Allison Whittaker
Life Enrichment Manager MC

Montie Montague
Maintenance Supervisor

Nyia Stafford-Hooks
Marketing Manager

Chelsea Gray
Marketing Manager

Dottie Wallin
Resident Care Manager

ReRe Artis
Wellness Coordinator AL

Andi Vogel
Wellness Coordinator MC

Happy Holidays From Your Waltonwood Family

As we near the end of 2018, we, as your Waltonwood family, would like to wish our residents and their families a very special December!

We are planning several ways for everyone to enjoy the season. We have our Waltonwood Cocktail party featuring culinary delights from our Chef, Andy Fetzer, music from groups such as the NC Young Philharmonic Orchestra, and more! We would love to welcome family members to join us for any performances. We will finish off the year with a wonderful New Year's Eve party!

We hope you have a joyous December! Join us for some fun!

ASSOCIATE SPOTLIGHT

Willie Dunmeyer Jr.

Willie was born in Panama while his Dad was in the army. His family moved around from Texas, Virginia and finally North Carolina where he graduated from Garner High School.

Willie joined the Waltonwood family in the very beginning as a Dishwasher and has moved his way to Cook. Since 2011, Willie has played a hard-working role in the dining department, learning every aspect of operations. In his off-time, Willie enjoys watching Football, cooking at the house and going to church. In the near future, he plans to attend Culinary school to further his skills.

“Because Willie is pleasant,friendly, courtous, quick, loyal, and always ready to smile! He works hard in an unseen way and does not seek either the spotlight or praise!”



NOVEMBER HIGHLIGHTS



09

Veteran’s Day Luncheon
Waltonwood Veterans were recognized with a luncheon and awards.

14

Great Expression Dancers
Young dancers performing pieces from the Nutcracker Suite.



15

Waltonwood Annual Thanksgiving Dinner
Family and residents enjoyed a holiday meal.

30

Holiday Pops
Residents enjoyed festive music of the season by NC Symphony!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

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 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 hings 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 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.

Have a safe, happy and healthy holiday!

TIS THE SEASON OF GIVING!

We have previously been a part of the Special Olympics and now are partnering with HomeWatch for Stockings of Joy. We will be making and delivering cookies to the EMS and Fire Rescue teams that come to the aid of our residents. As always, we are also fundraising for the Alzheimer's Association. Thank you for participating and helping us spread some joy!



DECEMBER SPECIAL EVENTS

02

Nutcracker Ballet
Join us as the Raleigh Youth Ballet performs excerpts from the Nutcracker

10

Kids R Music Holiday Concert
Young dancers and singer light up the day with festive music.

19

Waltonwood's Holiday Cocktail Party
Celebrate the holiday with your family and community!

31

New Year Eve Party
Let's celebrate 2019!!!
Food,fun and party favors.



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

- Myrna Mason 2
- Mary McKeany 3
- Joe Tozzi 3
- Phyllis Smith 9
- Charles Malone 9
- Peggy Meyers 15
- Vernon Ebert 15
- Brenda Bish 19
- Fred Hock 23
- Wendy Levine 26
- Marie Jermain 21
- Flora Kosarski 27
- Ronny de Jong 26
- Carl Peterson 29
- Alan Brunt 31

CHEF’S COOKING DEMONSTRATIONS

04

Shrimp Cocktail 4:30p, Demo – Tart Creation

11

Crab Cakes 4:30

18

Smoked Salmon Crostini 4:30p

25

Gingerbread Cookie Bars 3:00

Goat Cheese and Caramelized Onion-Stuffed Beef Tenderloin Recipe:

Heat the oven to 375°.

- 1 Beef Tenderloin
 - 1 Large Yellow Onion
 - 2 Cups Crumbled Goat Cheese
 - Olive Oil
 - Salt and Pepper
- 1.Julienne yellow onions and cook on low heat with olive oil until lightly brown.
 - 2.Cool the onions down and toss with Goat Cheese
 - 3.Trim the beef tenderloin of any fat and silverskin.
 - 4.Butterfly cut the beef to flatten, season with salt and pepper.
 - 5.Lay a strip of onions and goat cheese in the center of the beef.
 - 6.Roll the beef around the filling and either tie with twine or roll in aluminum foil.
 - 7.Bake until the desired temperature, slice thick and serve.
- Chef Andy Fetzer Culinary Service Manager



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!