



Celebrating Birthdays in February

- Mabel C-18th
- Bill C-21st
- Ruth H-9th
- David H-19th
- Tom J-12th
- Joe K-19th
- Eden M-6th
- Bernie N-11th
- Mildred P-22nd
- Rita R-17th
- Bobbie R-5th
- Helen W-11th
- Ann W-20th



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S COOKING DEMONSTRATIONS

2/5

.Savory Cheese Popovers.

2/19

tMexican Trio Platter (Guacamole, Pico, and Chips)

2/12

Red Coconut Curry Chicken Soup/Interactive Truffle Makingn

2/26

Fresh Homemade Pizza.

CHEF'S SIGNATURE RECIPE

Indian Butter Chicken (aka Chicken Makhani)

3 Chicken Thighs, diced

1 small onion chopped

2 cloves of garlic minced

1/2 stick butter

1 tsp Garam Masala

1 tsp Chili Powder

1 tsp Ground Cumin

1 cup Heavy Cream

Salt and Pepper to Taste

On low heat, Sautee the Onions and Garlic in butter. Once translucent, add chicken and spices.Cook until chicken is done. Add heavy cream to finish and pull off heat. Enjoy over rice.

\$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!

CARY PARKWAY CONNECT

FEBRUARY 2019



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The Season of Love

February is finally here. With Valentine's Day just around the corner, we are looking forward to continuing to spread our love and positivity around the community, and most importantly, we want all of our residents, families, and friends to love Waltonwood Cary Parkway.feedback from the surveys last month, and we are excited to continue to make our community the best that we possibly can.

We want to continue to grow and make improvements where they are needed.

With that being said, we hope you continue to be active here at Waltonwood whether you are a resident or loved one. Try going to a new activity, reach out if you have questions or want to learn more about a new program or process, and continue to keep the line of communication open. We want to make our community one that we all love during this Valentine season.

COMMUNITY MANAGEMENT

Richard Mabe
Executive Director

Tina Forsythe
Business Office Manager

Andrew Fetzer
Culinary Services Manager

Yvonne Phillips
Housekeeping Supervisor

LaQuita Dunn
ILife Enrichment Manager/AL

Christina Henderson
Life Enrichment Manager/IL

Allison Whittaker
Life Enrichment Manager/MC

Nyia Stafford-Hooks
Marketing Manager

Chelsea Grey
Marketing Manager

Dottie Wallin
Resident Care Manager

Andi Vogel
Wellness Coordinator/MC

ASSOCIATE SPOTLIGHT

ZAVIEN KENNY

Hi I'm Zavien Kenny. I am 17 years old, born and raised in Raleigh, North Carolina. I have an interest in the Russian language and enjoy riding unicycles on my free time. I enjoy working at Waltonwood because there is a strong contrast between my age and the residents, however we also share many similarities which allows me to enjoy my job there even more. .



JANUARY HIGHLIGHTS

01

Dinner outing to Outback restaurant.

02

For What it's Worth Roadshow. Everyone came and brought special items to be appraised.

03

Girls Night with Christina. Movie, food and fun.

04

Snowball Party to celebrate winter.



FOREVER FIT/WELLNESS TOPIC/LE

Stick With It- It's February, and if you're like 45% of Americans about a month ago you laid out a well-designed highly motivated new years resolution to conquer in 2019. However, if you happen to be that 1 in 3 who have already ditched those lofty aspirations for your old, more comfortable habits don't worry you still have plenty of time to reach your goals. Nearly 70% of resolutions set each year center around health and wellness and with weight loss and regular exercise ranking 1st and 3rd respectively you can see why so many plans fall short. While making drastic lifestyle changes like diet and exercise are difficult, they are not impossible. Understanding that nothing worthwhile (health-wise) happens overnight is an extremely important first hurdle to overcome in the pursuit of healthier living. By slowly implementing gradual changes to your routine rather than dramatic overhauls you allow your body and mind to adjust to a new sense of normal (just think of it as testing the waters before jumping in the deep end). So, this February I challenge you to stick with those resolutions because even if January wasn't as successful as you would have hoped that's ok because you still have 11 months of greatness ahead of you!

LIFE ENRICHMENT: CALENDAR OVERVIEW

Your Life Enrichment team would like to invite you to join us for a review of the upcoming calendar. We will start meeting on the last Friday of the month to go over the next months calendar. We will answer any questions you have and take suggestions for upcoming activities,

Don't forget to sign up for outings in the outing book located in the Creative Hands room. Please include your room number.

FEBRUARY SPECIAL EVENTS

03

Superbowl Party with Christina. Come watch your favorite team play. .

05

Speaker series. Mary Baker will discuss Visit NC.

14

Vow renewal with Richard (Executive Director) officiating.

22

Symphony outing to see Rachmaninoff Piano Concert #2..



EXECUTIVE DIRECTOR CORNER

Thank you to everyone that completed their satisfaction surveys. Our goal was 80% total community participation and we exceeded our goal. I appreciate the feedback and continued conversations I have with each of you. It is our goal to work together to ensure that you, your family and friends have a positive experience. We are looking forward to our 2nd Annual Vow Renewal on February 14th. Please make sure to RSVP to attend.

Until next time,

Richard