



CHEF’S COOKING DEMONSTRATIONS

07

Savory Cheese Popovers

14

Red Coconut Curry Chicken Soup

21

Chef Andy will lead a cooking demonstration at 1:30.

28

We'll have birthday cake to celebrate our February birthdays!

Indian Butter Chicken – Chicken Makhani

- Ingredients:
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 remove from heat.

Enjoy over rice.

-Chef Andrew Fetzer, Culinary Services Manager

Celebrating Birthdays in February

- Mary Lou I.
Ines P.
Ginny S.
Jack S.



\$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!

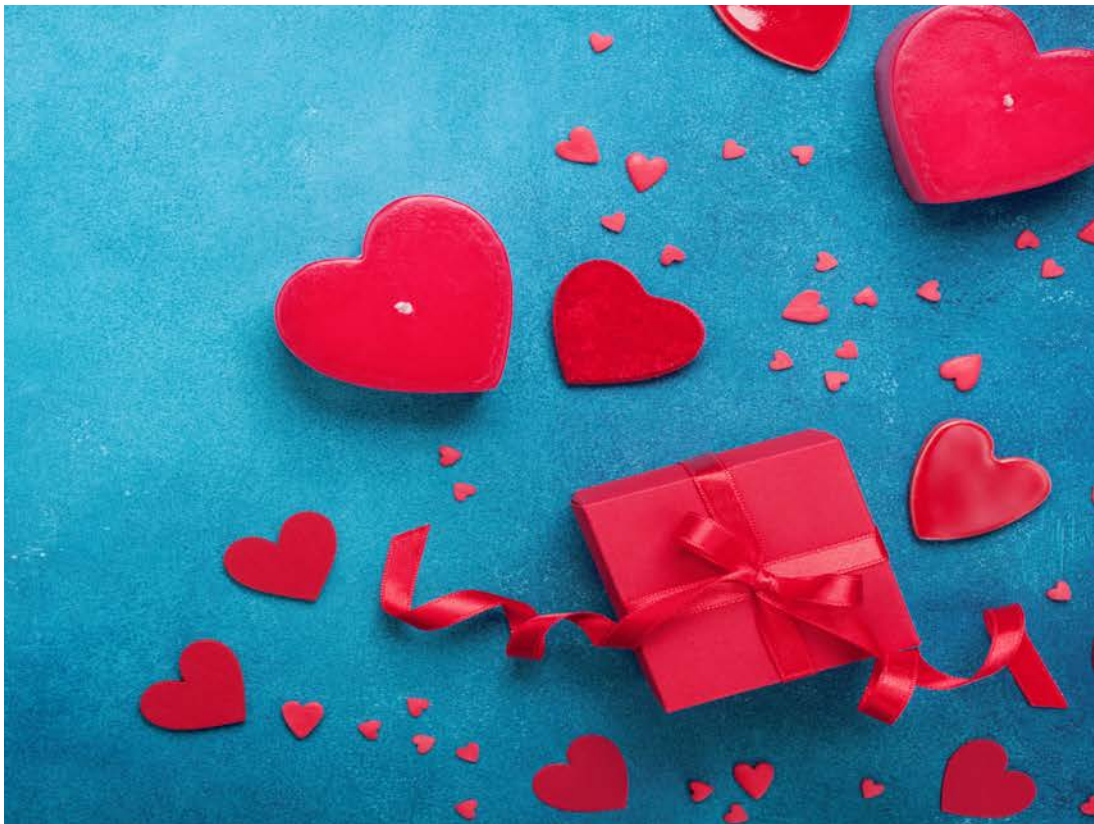
FRIENDS & FAMILY REFERRAL PROGRAM!

CARY PARKWAY CONNECT

FEBRUARY 2019



750 SW Cary Parkway Cary, NC 27511
www.waltonwood.com | 919-460-7330
Facebook: /WaltonwoodCaryParkway



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.

We greatly appreciate your 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
Mercedes Richards
Independent Living Manager
Allison Whitaker
MC Life Enrichment Manager
LaQuita Dunn
AL Life Enrichment Manager
Christina Henderson
IL Life Enrichment Manager
Niya Hooks
Marketing Manager
Chelsea Gray
Marketing Manager
Dottie Wallin
Resident Care Manager
Andi Vogel
MC Wellness Coordinator
ReRe Artis
AL Wellness Coordinator

ASSOCIATE SPOTLIGHT

Zavien Kenny is a part of our dining services team and was voted as our February associate of the month for his commitment to the residents at Waltonwood and his contagious, positive energy. Zavien is from Raleigh, North Carolina. He enjoys learning the Russian language and riding unicycles in his free time. “I enjoy working at Waltonwood because there is a strong contrast between my age and the residents, but we also share many similarities which allows me to enjoy my job even more.” Help us extend a thank you to Zavien for all he does here at Waltonwood.



JANUARY HIGHLIGHTS

09

We delivered homemade cookies to the Cary Police Department for National Law Enforcement Appreciation Day.

21

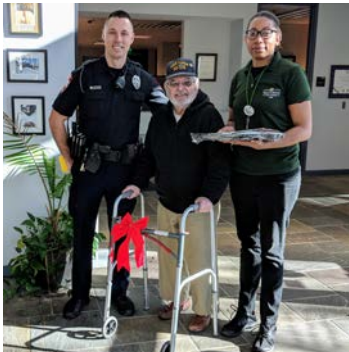
We are thankful to have been able to celebrate such a meaningful man in history, Martin Luther King Jr.

14

We enjoyed a special sing along performance that included miniature maracas to follow the beat.

21

We started our music video based on the Trolls movie that will be showcased at the Waltonwood Conference in March!



FOREVER FIT: 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 Year's 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. With weight loss and regular exercise ranking 1st and 3rd respectively, you can see why so many plans fall short. 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, you allow your body and mind to adjust to a new sense of normal. 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 okay because you still have 11 months of greatness ahead of you!

LIFE ENRICHMENT: OUTINGS

Every Wednesday we offer two outings based on resident interest and appropriateness to provide social opportunities in the community. Outings are a great way for residents to have a change of scenery, meet and interact with new people, and maintain their ability to enter the community.

Outings can range from two to eight residents depending on interest in the outing, resident needs, and group size appropriateness depending on the outing destination. For the month of February, there will be a lunch outing every other week. On the weeks where there are not lunch outings, there will be a community trip based on resident interest. Art galleries, volunteer opportunities, and local bakeries are a few examples of those outings. A late afternoon scenic ride is offered every Wednesday from 3:30 – 4:30 PM. If you come to visit your loved one on a Wednesday, call ahead to make sure they are not out on one of the community outings.

The Resident Care team and Life Enrichment work together to formulate a list of residents who are interested in the scheduled trip. Residents may have to skip an outing if they need to be seen by the doctor or are not feeling well. The Life Enrichment Manager keeps a record of who attends which outings, so please reach out if you would like to know more about what trips your loved one has been participating in. We are always looking for volunteers to join us on our trips, so if you are interested in learning more, please contact Allison Whitaker, MC Life Enrichment Manager.

FEBRUARY SPECIAL EVENTS

01

Go Red on February 1st to kick-start National Women's Heart Health month.

14

Our community-wide vow renewal ceremony will be celebrated at 11 AM on the 14th in Independent Living.

15

Our Valentine's Day Social will be held a day late on the 15th at 2 PM.

19

We will be going to the Reflections Tour at Nasher Museum which is an interactive art tour.



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