



## Get Fit in Feburary!

Here at Waltonwood Cary Parkway, we take pride in the health and fitness programming for our residents!

We offer a variety of opportunites to get exercise, from chair fitness, open gym, to walking clubs and one one one trainings!

Starting this month, the chair fitness class will begin at 10am on Mondays, Tuesdays, and Fridays and will remain at 10:30am on Wednesdays and Thursdays. Please notate this time change!

See you there! Let's Get Fit!

## CHEF'S COOKING DEMONSTRATIONS

06

Savory Cheese Popovers

13

Red Coconut Curry Chicken

20

Mexican Trio Platter & Interactive Truffle Making

27

Fresh Homemade Pizza

## 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

### Directions:

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.

~**Chef Andrew Fetzer, Dining Services Manager**

# CARY PARKWAY CONNECT

FEBRUARY 2019

ASSISTED LIVING



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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.

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.

~Your Waltonwood Family

## COMMUNITY MANAGEMENT

Richard Mabe  
Executive Director

Tina Forsythe  
Business Office Manager

Andrew Fetzer  
Culinary Services Manager

Justin Hackett  
Environmental Services  
Manager

Mercedes Richards  
Independent Living Manager

LaQuita Dunn  
AL Life Enrichment Manager

Allison Whitaker  
MC Life Enrichment Manager

Christina Henderson  
IL Life Enrichment 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



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!



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

16

What a blast we had at our first family night bingo mixer of 2019. Good food, family, fun, and games!

21

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

17

Our first AL dinner outing was a success at Lugano’s Resturante! We will be looking forward to this monthly!

31

We are so appreciative of Mr. Chris Lane coming and elightening us on the investment market for 2019.



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. 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!

ASSISTED LIVING LIFE ENRICHMENT OUTINGS

Every Monday 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 gain meaningful experiences outside of our Waltonwood community.

Outings can range from six to twelve residents depending on interest in the outing, resident needs, and group size appropriateness of our destination. Residents are encouraged to sign up at the front desk to secure a spot on the bus. Although appreciated, it is not mandatory! These sheets are used to formulate the out of the community list that are given to the resident care and culinary teams, so that medications and meals can be accomodated.

Outings are open to any family members who would like to attend! Please know that you are always welcome and we would love having you join us on any one of our weekly adventures!

**Feburary Outings:** \*The Body Exhibit (4<sup>th</sup>) \* Nasher Museum: Reflections Tour (19<sup>th</sup>) \* Outback Steakhouse Dinner Outing (21<sup>st</sup>)

As usual, we will participate in our variety of staple lunch, cinema, community service, and museum outings throughout the month! ~ LaQuita Dunn, AL LEM

FEBRUARY SPECIAL EVENTS

04

We will be going to see the highly recommended seasonal Raleigh exhibit, The Body at 1pm!

14

Returning for the 2nd time, we will be hosting our heartwarming Vow Renewal Ceremony at 11am.

19

We are excited about the long-awaited Reflections tour at the Nasher Museum!

21

We are anticipating our Phantom of the Opera show for live entertainment! Come join us!



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 Vowel Renewal on February 14th. Please make sure to RSVP to attend.

Until next time, Richard