



Let's Celebrate

CHEF'S COOKING DEMONSTRATIONS

02

Coconut Shrimp

16

Fried Calamari

Spring Guacamole

Ingredients:

- 3 avocados
- 1 Roma tomato, diced
- 1/4 cup chopped yellow onion
- Fresh corn kernels
- Sunflower seeds
- 1 bunch cilantro chopped
- Lime juice
- Salt and pepper

Directions:

Mash the pulp of 3 avocados
By hand, mix in diced tomatoes, onions, cilantro
Add lime juice and salt and pepper to taste
Top with sunflower seeds and corn

~Chef Andrew Fetzer, Dining Services Manager

09

Arancini w/ Spanish Dipping Sauce

23

Blue Cheese Beef Tenderloin
Nuggets



FRIENDS & FAMILY REFERRAL PROGRAM!

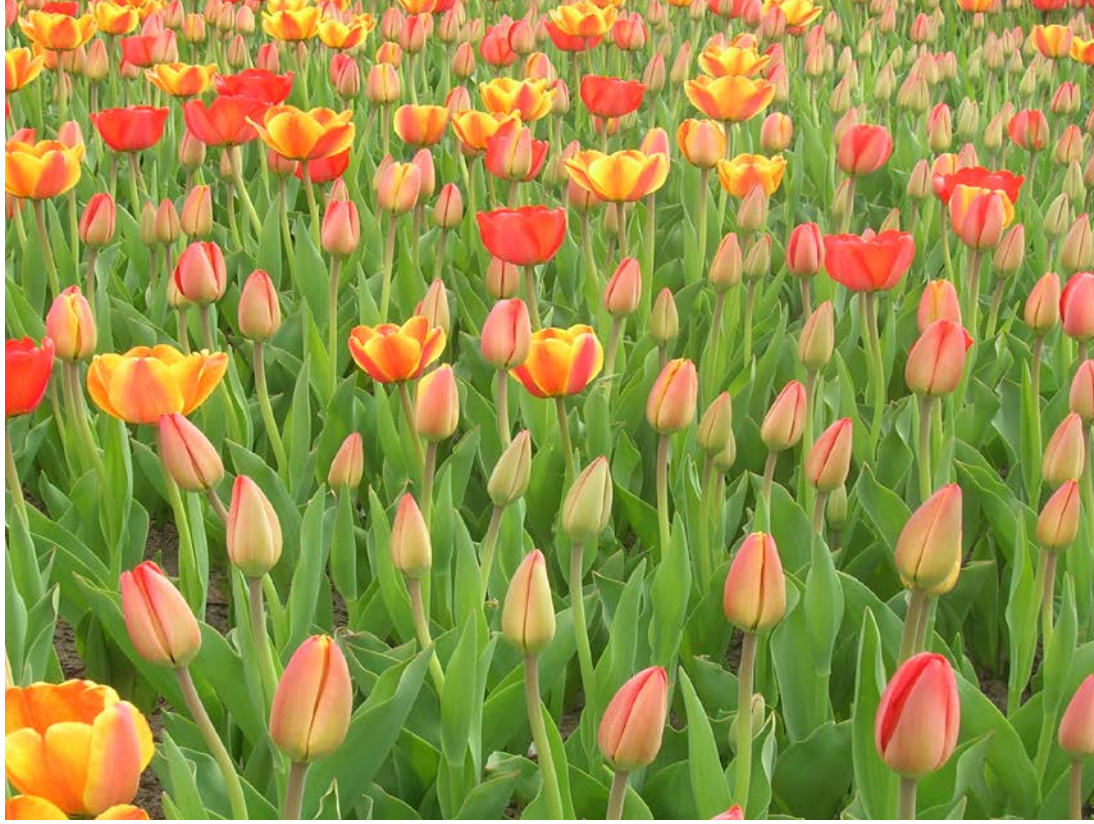
\$1,000 RESIDENT REFERRAL BONUS

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!

CARY PARKWAY CONNECT

APRIL 2019

INDEPENDENT LIVING



The Season of Life....

Because the saying is, "April showers bring May Flowers," we anticipate many rainy days to come in the month of April, knowing that we will soon enjoy the colorful greenery of North Carolina.

In addition to looking forward to the beautiful outdoor foliage this season, we are also looking forward to continuing to enjoy the new plants in our community. We have several different indoor plants, including tulips, orchids, ferns, evergreens, and a variety of succulents.

We also planted several outdoor plants, including tomatoes, basil, thyme, oregano, and parsley. We are looking forward to using our fresh tomatoes and herbs to cook with. Please take a few minutes out of your day to visit our garden-view lounge and enjoy all that's growing! It's a great place to relax during the day!

Earth Day is just around the corner, and we hope to do our part in celebrating and maintaining the resources we have. Join us on the 22nd as we will be using recycled materials to create beautiful art.

~ Your Waltonwood Family



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COMMUNITY MANAGEMENT

- Richard Mabe
Executive Director
- Tina Forsythe
Business Office Manager
- Andrew Fetzer
Culinary Services Manager
- Justin Hatchett
Environmental Services Manager
- Mercedes Richards
Independent Living Manager
- LaQuita Dunn
AL Life Enrichment Manager
- Allison Whitaker
MC 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

ASSOCIATE SPOTLIGHT

Tamara Hackney is our April Associate of the Month, and we are happy to celebrate her hard work and dedication this month. She always has a smile that lights up the community and is willing to lend a helping hand wherever needed.

Thank you, Tamara, for taking the time to go the extra mile. We want you to know that it does not go unnoticed! We are lucky to have you as a part of our Waltonwood family.



WALTONWOOD SYMPOSIUM

As many of you may already know, the community-wide symposium was held this month, March 12th – 15th. The symposium consisted of all of the Waltonwood communities in the nation, and it was a great experience for all of the managers to meet each other, learn more about how other communities function, and celebrate how great our Waltonwood family truly is.

As the Waltonwood Cary Parkway team, we not only earned priceless knowledge to improve our community, but also won **four** first place and **four** second place awards for our community!

We came in first place among 12 communities for: “Lowest Associate Turnover Award,” “Highest Net Operating Income Award,” “Exceptional Customer Service for Assisted Living Award,” and “Highest Year, Over Year Net Operating Income Award.” We were awarded second for: “Revenue Growth,” “Assisted Living Life Enrichment,” “Community of the Year,” and “Assisted Living Quality of Care.”

We are thrilled to celebrate these awards with our associate team and family members here at Cary Parkway. We would like to extend a formal thank-you to all of you for making our community the best it can be, and we look forward to continuing to improve, grow, and learn each year!

APRIL SPECIAL EVENTS

MARCH HIGHLIGHTS

08

We celebrated International Women’s Day with our Ladies of Legacy Event. Thank you to the women

09

We had a great time at the NC Symphony. It’s always a pleasure to take part in the musical arts in our area.

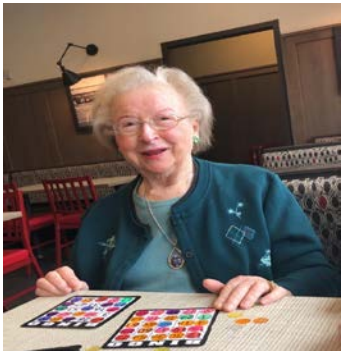


13

Our craft ladies enjoyed creating fun shamrock wreaths in celebration of St. Patrick’s Day!

21

It always such fun loading up and heading to Chick-Fil-A for a few rounds of senior bingo! Check our Ms. Luba, our very own big winner!



08

We are excited to launch our new floor socials. Each week come and meet your floor-specific neighbors for a special social mixer!

12

Join us for an evening at the NC Symphony for the “Debussy” production!

22

Please join us for our “Gentlemen’s Outing” to the Fortnight Brewing Company. Share some male bonding over drinks!

24

We are excited about a night out on the town at Bonefish Grill. Come enjoy a nice evening dinner with your favorite neighbors.



FOREVER FIT: THE POWER OF THE SUN

Spring is finally here, and with it comes longer days, warmer temperatures, and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun’s rays, there are also plenty of reasons to step outside and take in some sunshine.

Most people know that sunlight offers an abundance of vitamin D, but most people do not realize that in 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU. Regular sunlight has been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine, you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a favor, step outside, and take a deep breath!

EXECUTIVE DIRECTOR CORNER

Thank you to those who attended our open house Taste of Waltonwood and experienced Chef Andy’s tasty delights; what a treat! A special thank you to all that attended our Second Annual Ladies of Legacy Lunch, and congratulations to our award recipients. I have been working with Justin and Mercedes on reviewing our fire plan and evacuation procedures for updates. We will be holding monthly trainings to review with all current and new residents soon. We will post an announcement in the common areas as well as on the TV, channel 171. Lastly, as we approach the warm weather, please be mindful of your time outside, and drink plenty of water to prevent dehydration.

Until next time,

03 Richard