



## Celebrating Birthdays in April

- Ellen D.

## CHEF’S COOKING DEMONSTRATIONS

04

Action Station – Breaded Shrimp with Sweet Chili Sauce

18

A chef-led cooking demonstration at 2:00  
**Chocolate Easter Bunnies!**

### 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, and cilantro.  
Add lime juice, salt, and pepper to taste.  
Top with sunflower seeds and corn.

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

11

Action Station – Arancini with Spanish Dipping Sauce

25

We'll have birthday cake to celebrate our one April birthday!



## 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



## 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, a snake plant, and a variety of succulents and cacti.

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.

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 22<sup>nd</sup> as we will be using recycled materials to create beautiful art.



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

## COMMUNITY MANAGEMENT

Richard Mabe  
Executive Director

Tina Forsythe  
Business Office Manager

Andrew Fetzer  
Culinary Services Manager

Allison Whitaker  
MC Life Enrichment Manager

LaQuita Dunn  
AL Life Enrichment Manager

Mercedes Richards  
Independent Living Manager

Justin Hatchett  
Environmental Services 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

Tamara 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.



## COMMUNITY-WIDE WALTONWOOD SYMPOSIUM

As many of you may already know, the community-wide symposium was held this month, March 12<sup>th</sup> – 15<sup>th</sup>. 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 awards for our community and **four** second place awards.

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!

## MARCH HIGHLIGHTS

05

Mardi Gras was a grand party here at Waltonwood. Legacy decked out our walkers and wheelchairs for the event.

08

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

06

Our gentlemen enjoyed going to V’s Barber Shop to get a fresh shave and hair cut.

16

We were entertained by a real live leprechaun during our Saint Patrick’s Day social.



## APRIL SPECIAL EVENTS

11

We will be celebrating our wonderful volunteers with an appreciation luncheon.

16

We will make homemade dog treats for the local animal shelter that we will deliver on the 17<sup>th</sup>.

19

We will be getting ready for Easter with tie-dyeing eggs and going on an Easter Egg Hunt!

22

We plan to use recycable materials to create some beautiful art in honor of Earth Day.



## 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 don’t 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 huge favor, step outside and take a deep breath, and let the power of the sun go to work for you!

## 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 who 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