



Forever Fit!

This month we are kickstarting several new and exciting Forever Fit classes including strength and resistance classes, chair dancing, and balance training.

Britney is our Forever Fit Coordinator who specializes in fitness programming, and we are looking forward to an afternoon session with her every day of the week!

Keep an eye out for these new classes because they are ones you won't want to miss!

CHEF'S COOKING DEMONSTRATIONS

06

Action Station – Pineapple Salsa & Chips

13

Action Station – Jamaican Beef Patties

20

A chef-led cooking demonstration at 2:00
– Create-Your-Own Quesadilla

27

Action Station – Caribbean Jerk Chicken

Summer Marinated Mushrooms

Ingredients:

2 Portabella mushrooms

1 cup Balsamic vinegar

1 cup Olive oil blend

¼ cup Honey

Thyme (2-3 sprigs)

Oregano (2-3 sprigs)

Black pepper to taste

Directions:

Mix all ingredients in a bowl, leaving the sprigs intact.
Remove mushroom caps from stems, de-fin if desired.
Let soak on each side for 10-15 minutes.
Drain and grill, or roast until tender.

~*Chef Andrew Fetzer, Dining Services Manager*



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

JUNE 2019



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The Beauty of Nature

The start of June in North Carolina means beautiful greenery, outdoor activities with family and friends, and unfortunately, the risk of becoming overheated. Rising temperatures and humidity levels means we all need to be mindful of our time outdoors and ensure we are taking measures to avoid becoming overheated.

Spending time outdoors, especially in the sun, can be therapeutic as it releases endorphins and provides us with the vitamin D we need. While sunlight can help reduce our stress level, it has its

risks also. When you're spending time outdoors this summer, make sure to use sun protection and have water easily available. SPF 50 or higher is recommended for your face while a lesser SPF is fine for the rest of your body. Make sure your sunscreen is zinc or titanium based. Lastly, listen to your body. If you start to notice you're not feeling yourself while you're outdoors, it is likely that your body is telling you that you need to cool down. Enjoy the outdoors this summer, but make sure to play it safe!

COMMUNITY MANAGEMENT

Matt VanAuker
Executive Director

Tina Forsythe
Business Office Manager

Andrew Fetzer
Culinary Services Manager

Allison Whitaker
MC Life Enrichment Manager

LaQuita Dunn
AL Life Enrichment Manager

Zoe Taylor
IL 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

We would like to celebrate Latoya Hudley this month for our associate spotlight. Latoya is a part of the resident care team and has worked as a resident care associate at Waltonwood for about a year. She said Waltonwood is “a fun, carefree environment, and the residents are happy with their care.”

Latoya enjoys reading, computers, and wildlife. We are happy to have such a caring person on our team. Please congratulate Latoya when you see her throughout the community!



MAY HIGHLIGHTS

07

We enjoyed homemade fruit smoothies in the courtyard. Healthy and delicious!

14

The Wake County Master Gardeners shared some of their knowledge with us and treated us to some fresh strawberries.



17

It was a beautiful day for a trip to JC Raulston Arboretum. The flowers were in full bloom!

27

We remembered the heroes who fought for our country by celebrating Memorial Day with family and friends.



FOREVER FIT: THE RIGHT SHOE FOR YOU

A strong body starts from the ground up, and keeping our feet healthy starts with choosing the right shoes. As we age, the shape and size of our feet tend to change. Ligaments stretch, tendons shrink, and the fat pads on both the heels and balls of the feet diminish. Correctly fitting shoes help to reduce foot, knee, hip and back pain, promote healthy circulation, and drastically help to reduce the risk of falls. Below are a few tips to consider the next time you go shoe shopping.

- Try to find retail locations that specialize in shoes for seniors. Knowledgeable sales staff can properly fit you and provide education for the right shoe for you.
- Shoes with wide boxy toes, low-padded heels and flexible, breathable material are great options to handle the stress placed on our feet throughout the day.
- Consider shoes that match your environment. Your shoes should provide appropriate support and traction for every time of year.

Chris Grabowski, MS | Senior Forever Fit

WELCOME TO THE CARY FAMILY: MATT VANAUKER

We are happy to welcome Matt VanAuker as our new Executive Director here at Waltonwood Cary Parkway. You may have seen Matt in the community prior to starting his new role. He previously was the Associate Executive Director for several Waltonwood communities.

Matt is originally from Rochester, NY and attended college at State University of New York at Brockport. Prior to Waltonwood, Matt was an Executive Director for an Independent Living community in Rochester.

He has a goldendoodle dog named Maui. His hobbies include running 5ks and half marathons! He also enjoys home improvement projects. His favorite place to vacation is the Adirondack Mountains.

“I’m passionate about working at Waltonwood because I am fascinated by the history that our residents have lived through, and I enjoy hearing all of the stories and experiences that they have had throughout their lives.”

Please join me in welcoming Matt to the family!

JUNE SPECIAL EVENTS

02

Camp Waltonwood will be from 4-6 PM. We will experience the novelties that summer camp brings.

12

We will take a trip to Village Art Circle to see some great artwork and stop by the bakery for a treat.

16

We plan to celebrate all of the fathers in the community with a cookout on the 16th!

21

Join us for the Longest Day event from 6 AM – 7 PM. Proceeds will go to the Alzheimer’s Association!



EXECUTIVE DIRECTOR CORNER

Greetings,

I would like to start off by thanking all of the residents and families of Waltonwood Cary Parkway for the warm welcome over the past few weeks as I transitioned into the Executive Director role. I am excited to be a part of such a great community and look forward to what the rest of the year has to offer. Looking into June, we will be celebrating The Longest Day on June 21st to be a part of the fight against Alzheimer’s. Last year we did Zumba all day; this year we will have a large event around the Waltonwood campus. I encourage everyone to join us intermittently throughout the day to walk and support! Stay tuned for more details as we approach the date.

Best regards,
Matt VanAuker