

CARY PARKWAY CONNECT

JUNE 2019

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COMMUNITY MANAGEMENT

Matthew VanAuker
Executive Director

Tina Forsythe
Business Office Manager

Andrew Fetzer
Culinary Services Manager

Mercedes Richards
Independent Living Manager

Zoe Taylor
IL Life Enrichment Manager

LaQuita Dunn
AL Life Enrichment Manager

Allison Whitaker
MC Life Enrichment Manager

Justin Hatchett
Environmental Services
Manager

Niya Hooks
Marketing Manager

Chelsea Gray
Marketing Manager

Dottie Wallin
Resident Care Manager

ReRe Artis
AL Wellness Coordinator

Andi Vogel
MC Wellness Coordinator

NEW ADDITIONS

Junes birthstones are the Alexandrite, the Pearl, and the Moonstone. These stones are known for balance, confidence, and joy. As Evan and I begin our new journey here at Waltonwood, we are confident that the new programs and activities we are bringing to the Life Enrichment program will bring joy to all residents. A few new items we are implementing are line dancing, brain builders, coffee and current

events, travelogues, and more! We will also be holding other “pop up” events throughout the month, so be sure to keep an eye out!

We are really looking forward to getting to know each and every one of you and we hope to enhance your experience here at Waltonwood.

-Evan & Zoe

ASSOCIATE SPOTLIGHT

We would like to celebrate Latoya Hudley this month for the 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

01

The Kentucky Derby was celebrated with crafting hats, themed happy hour and showing of the race!

15

“Out of the Box” Presentation was very popular with puzzles, games, and illusions!

24

Did you know we have tomatoes growing outside in our garden? They are coming in beautifully!

27

Memorial Day was celebrated by all with a cookout and Sock Hop Dance!



FOREVER FIT/WELLNESS TOPIC/LE

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.

TRANSPORTATION INFORMATION

With transportation requests becoming more frequent, we kindly ask that all transportation requests be submitted to the concierge. The concierge will then place the request in Mary's box to be sure she receives all requests in a timely manner. This is important to allow Life Enrichment associates to plan outings appropriately. All transportation requests should be submitted as early as possible to ensure proper planning and coordinating of the bus and car. By rerouting the transportation requests, our hope is to create a more organized, fluid system of all requests to ensure everyone's needs are met in a timely manner!

For questions about this change, please see Zoe or ask the concierge.

JUNE SPECIAL EVENTS

02

Camp Waltonwood is a great time to make memories with your grandchildren!

05

Coffee & Current Events are back! Join us every Wednesday Morning at 10am.

16

Join us for our Fathers Day cookout at 4:00 pm!

21

The Longest Day Event is back! Come join us and walk for a cause!



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 join us intermittently throughout the day to walk and support! Stay tuned for more details as we approach the date.

Best regards,

Matt VanAuker, Matthew.vanauker@singhmail.com





Celebrating June Birthdays

- Robert P.
- John M.
- Gloria M.
- Shirley E.
- Gloria C.
- Joan S.
- Janet B.
- Ken K.
- Edith K.
- Theresa M.
- Patsy B.

CHEF'S COOKING DEMONSTRATIONS

04

Fresh Grilled Pizza with Proscittto, Shaved
Parm and Basil.

11

Chile-Lime Shrimp on the Barbie.

18

Grilled Squid Steak in Rum and Coconut
Milk.

25

Backyard Chicken Kabobs.

CHEF'S SIGNATURE RECIPE

Summer Marinated Mushrooms

3 Portabella Mushrooms
1 cup Balsamic Vinegar
1 cup Olive Oil Blend
1/4 cup Honey
Thyme - 2-3 Sprigs
Oregano 2-3 Sprigs
Black Pepper

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



\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!