

AUGUST 2019

CARY PARKWAY CONNECT

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750 SE Cary Parkway, Cary, NC 27511
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Coming Together

With the heat of summer upon us, the Life Enrichment team has added in a few new programs to help everyone unwind and stay cool! Join us on the first and third Monday of each month at 7:00 PM for relaxation techniques, the second and fourth Monday of each month for poetry reading, and Wednesday nights at 7:00 PM for Podcasts with Evan, and on the third Saturday of each month for a memoir group! We hope to see everyone at our new programs this month!

We will also have an overnight beach trip to Wilmington! Deposits for this trip are due to Zoe by August 7! Please see Zoe for more information regarding this trip!

We have heard your feedback and Library Runs and the Farmers Market outings are back on Wednesday mornings! Library Runs are back on the first and third Wednesday of each month at 9:00 AM. The Farmers Market outing are back on the second Wednesday of each month at 9:00 AM.

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

ASSOCIATE SPOTLIGHT

This month Waltonwood Cary Parkway is congratulating Keydra L. Rosser as Associate of the Month. Keydra is from Halifax, North Carolina and has been a part of the Waltonwood Cary Parkway family for a year and half. She is highly valued as a concierge and ensures our residents and associates are safe by monitoring security of traffic in and out of the community. We appreciate her positive attitude, willingness to go above and beyond, and commitment to her role. Please help us in congratulating Keydra!



JULY HIGHLIGHTS

10

Waltonwood hosted a "Financial Self Defense" Workshop. Great turn out!

12

Everyone enjoyed going to Knights Play golf center!

22

National Ice Cream Day was a hit! Everyone loved the ice cream bar set up in Players Club.

23

We had so much fun going to see Annie!



FOREVER FIT/WEELLNESS TOPIC/ARTICLE

STOP & LISTEN

Aches, pains, sprains and strains are all just a common part of daily life. How we manage them, however, can have a much greater impact on our long-term health and wellbeing. Exercise is important and sleep is essential. Our bodies are constantly sending us signals and messages that act as signposts of when we need to move more or when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our health a top priority. You are the one true expert on your own body so be attentive, be truthful and listen to the messages that your body is giving you.

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TRANSPORTATION INFORMATION

Did you know we provide transportation to churches on Sunday? Please see the list below of churches that are on our route!

Francis Methodist Church

Woodhaven Baptist Church

Resurrection Lutheran Church

St. Paul Episcopal Church

For more information or a schedule, please contact Mary or the front desk!

AUGUST SPECIAL EVENTS

06

Morgan with Therapeutic Solutions will be presenting on Low Vision Techniques !

14

Ronny De Jong will be presenting on her novel in the downstairs theater.

20

Join us for a Healthy Aging Workshop with Anne from Homewatch in the downstairs theater!

21

Rex Grand Dance Troupe will be performing in the dining room at 1:00 PM!



EXECUTIVE DIRECTOR CORNER

Happy August!

I am happy to announce that Tarica Eaton has joined the team as our new Housekeeping Supervisor! Tarica has been employed with Waltonwood since the fall of 2018, most recently working at our sister community Waltonwood Lake Boone. She has worked in housekeeping for over 6 years in both the hotel and senior living industries. She is originally from Franklinton, NC and has lived in Raleigh for 5 years. Please join me in welcoming Tarica!

Best regards,
Matt VanAuker, matthew.vanauker@singhmail.com





Celebrating August Birthdays

9th— Jamee Thieme

10th— Janet Wright

12th— Cecil Bozarth

13th— Betty Bryan

16th— Sandy Castle

18th— Sheryl Ward

21st— Mike De Jong

23rd— Gerry Arner

24th— Dora Gibbs

24th— Adelle Wolf

31st— Dorothy Myers

CHEF'S COOKING DEMONSTRATIONS

06

Blue cheese beef tenderloin
crostini.

20

Bang bang chicken.

13

Fried coconut shrimp with spicy
remoulade.

27

Sampler platter chips and
Mexican salsas.

CHEF'S SIGNATURE RECIPE

Romesco Pasta Salad

1lb rotini pasta

1lb vine-ripe tomatoes, diced

4oz shredded parmesan

1 cup basil, chopped

2 garlic cloves, minced

1 lemon, juiced

1 cup roasted red peppers, sliced

1 cup toasted walnuts, chopped

1/2 cup olive oil

Boil rotini pasta, strain and cool. Mix all ingredients in a bowl. Add salt
and pepper to taste.

\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!