



CHEF’S COOKING DEMONSTRATIONS

01

Bleu Cheese Beef Tenderloin Crostini

15

A chef-led cooking demonstration at 2:00 PM

22

Bang Bang Chicken

29

Sampler Platter Chips and Mexican Salsas

Romesco Pasta Salad

Ingredients:

- 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

Directions:

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

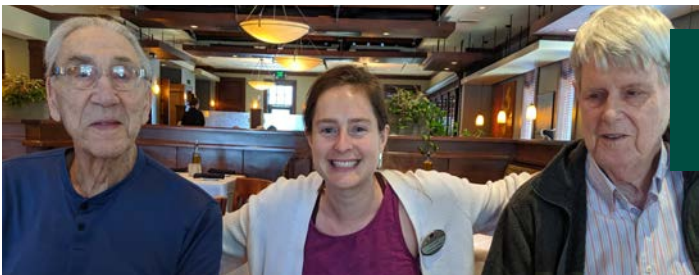
~Chef Andrew Fetzer, Dining Services Manager

Family Mixer

Thank you to all the family members who came to the family night mixer last night. The peanut butter honey bacon burgers were delicious and the BINGO was competitive as always.

Please join us this month for the family mixer on Thursday, August 15th. It is a great opportunity to meet with the management team, eat some delicious free food, and maybe win a sought-after BINGO prize!

~Allison Whitaker, LRT/CTRS Life Enrichment Manager Memory Care



\$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!

CARY PARKWAY CONNECT

AUGUST 2019



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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

The Power of Giving Back

Aesop wrote, "No act of kindness, no matter how small, is ever wasted." Volunteering, fundraising, donating, and giving back to the community are ways to make a difference in the community, but it also can provide purpose and self-fulfilment.

There is always a way to make a difference, "no matter how small," and here at Waltonwood Cary Parkway, we make an effort to always have opportunities to give back to the community.

This month we have several opportunities including working closely with NC Packs 4 Patriots and NC Dementia Alliance.

Volunteering and giving back to the community strengthens the connections within your community, gives volunteers a sense of purpose, and even motivates you to live a healthier life!

Keep a lookout this month for ways to give back, and remember, you may be surprised by the personal ways you may benefit from the act of giving.

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

01

We prepared for the Fourth of July by making firework themed crafts.

03

The gentlemen enjoyed a trip to V's Barbershop to get the "full works," haircut and clean shave.



10

We ventured to the Cary Towne Center for a mall walking group. We love the air conditioning in this NC heat!

27

July was filled with eventful outings including a trip to the NC Museum of Art.



FOREVER FIT: STOP AND LISTEN

Aches, pains, sprains and strains are all 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, sleep is essential, and our bodies are constantly sending us signals and messages that act as a signpost of when we need to move more and when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our personal 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 you body is giving you.

Chris Grabowski, MS | Senior Forever Fit

SUPPORT OUR TROOPS: NC PACKS 4 PATRIOTS

Waltonwood Cary Parkway loves to give back, and we are mindful of local organizations we can partner with to make an impact. This month we invite you to join our mission in supporting our troops overseas. NC Packs 4 Patriots is a local, nonprofit organization based in Ayden, North Carolina that ships care packages to our military for comfort and an expression of our appreciation.

For the month of August, we will be accepting donations at both the Assisted Living and Independent Living reception desks. We will be accepting donations until August 23rd, and we plan to deliver the care packages on Friday, August 30th.

If you would like to make a donation, requested items include: basic hygiene items (e.g. lip balm, toothpaste, body lotions, razors, etc), packaged snacks (e.g. sunflower seeds, dried fruit, granola bars, trail mix), recreation items (e.g. playing cards, board games, magazines, books), military t-shirts, boot socks, batteries, and first aid supplies. Please reach out to Allison or LaQuita for any questions. Thank you for joining us in showing our support for our troops!

~Allison Whitaker, LRT/CTRS, MC Life Enrichment Manager

AUGUST SPECIAL EVENTS

01

National Girlfriend's Day is August 1st. We will celebrate our gal pals with a social at 2 PM.

13

Christian, a pianist, will be performing for the first time at Waltonwood. Join us in the AL dining room for live entertainment!

15

The Cary School kindergarden class will be visiting for an intergenerational activity. Come check it out!

28

Everyone will be meeting at 2:30 in the AL hallway to wrap the care packages for NC Packs 4 Patriots.



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 but has lived in Raleigh for 5 years. Please join me in welcoming Tarica!

Best regards,
Matt VanAuker