



# Birthday Corner

- Sabra S. 18<sup>th</sup>
- Nancy C. 21<sup>st</sup>
- Margaret B. 25<sup>th</sup>
- Dorothy M. 31<sup>st</sup>

Please join us for our AL Private Birthday Dinner on August 28<sup>th</sup> at 4:30pm! Each resident may invite 1-2 special guest to attend with them. Please RSVP by August 21<sup>st</sup>. We look forward to celebratiing with you!

Thanks!

~ LaQuita Dunn, LEM

# CHEF’S COOKING DEMONSTRATIONS

07

Bleu Cheese Beef Tenderloin  
Crostini

21

Bang Bang Chicken

14

Fried Coconut Shrimp with Spicy  
Remoulade

28

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



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

AUGUST 2019

ASSISTED LIVING



# 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 also to give yourself purpose and self-fulfillment.

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 lifestyle!

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

See you soon!



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# COMMUNITY MANAGEMENT

Matthew VanAuker  
Executive Director

Tina Forsythe  
Business Office Manager

Andrew Fetzer  
Culinary Services Manager

Justin Hatchett  
Environmental Services  
Manager

LaQuita Dunn  
AL Life Enrichment Manager

Allison Whitaker  
MC Life Enrichment Manager

Zoe Taylor  
IL Life Enrichment Manager

Mercedes Richards  
Independent Living Manager

Niya Stafford-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

04

We had a blast at our 4<sup>th</sup> of July social. We gathered to celebrate our freedom while enjoying some good food and company!

23

Our first Gorgeous Grandma Day celebration was a hit with our lady makeovers and runway fashion show!

19

Bingo was locked and loaded full, of hot dogs and trivia questions as we celebrated National Frankfurter Day!

24

What a great outing we had at the NC Museum of Art. We were able to explore several different galleries and exhibits.



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 well-being. Exercise is important, sleep is essential, and our bodies are constantly sending us signals and messages that act as 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 your 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 as 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 23<sup>rd</sup>, and we plan to deliver the care packages on Friday, August 30<sup>th</sup>.

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!

LaQuita Dunn | Life Enrichment Manager, Assisted Living

AUGUST SPECIAL EVENTS

03

We are excited to announce our new Zumba Gold exercise sessions starting on Saturdays. Let's get moving!

21

Join us for our live concert from the group, "Together One Voice" as they sing hits from back in the times!

09

Come purchase and enjoy our homemade baked goods at our dementia fundraiser backe sale in the Assisted Living hallway.

30

We will be taking a trip to the post office, as we send off all of the donatated items for our troops! Thank you for your participation!



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!

Regards,  
Matt VanAuker  
03