

CARY PARKWAY CONNECT

OCTOBER 2019

CHEF'S COOKING DEMONSTRATIONS

03

Butternut Squash Soup

10

Roasted Garlic Pumpkin Dip

17

Interactive Cooking Demonstration with
Chef Andy at 2 PM

24

Baked Oatmeal Apple Crisp a la Mode

Stuffed Spicy Italian Spaghetti Squash Boats

Ingredients:

- 1 Spaghetti Squash
- 2 oz Spicy Italian Sausage
- 2 oz Crimini Mushrooms
- 1 tbsp Parmesan Cheese
- 1 cup Mozzarella Shredded
- ½ cup Marinara
- 1 oz Parsley, Chopped
- Olive Oil

Directions:

1. Cut squash in half, place in pan with shallow water, and cover. Bake at 350 for 30 minutes until soft. Scoop the squash leaving ¼" wall for structure; set aside.
2. Chop mushrooms and lightly sauté in oil. Add sausage. Cook until done, and cool.
3. Mix marinara and mozzarella with sausage mixture and scooped Squash.
4. Stuff the shells with the sausage mixture, top with parmesan cheese, and bake uncovered for 10 minutes or until golden brown.
5. Remove from oven and top with fresh parsley.

~*Chef Andrew Fetzer, Dining Services Manager*

Happy Birthday!

This month we are celebrating Carmen's birthday on October 22nd.

She will be celebrating her 91st birthday, and we know she is proud of every year!

Please make sure to say happy birthday as I'm sure she will be celebrating the milestone all month.



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

Niya Hooks
Marketing Manager

Chelsea Gray
Marketing Manager

Dottie Wallin
Resident Care Manager

Andi Vogel
MC Wellness Coordinator

ReRe Artis
AL Wellness Coordinator

FAMILY

Thank you to everyone who came to the Dementia Alliance walk this past month. We had a great turnout, and we are very proud of the amount of donations Waltonwood raised!

Our next upcoming fundraising opportunity is the Holiday Bazaar. The bazaar is October 12th from 10 AM – 2 PM in Assisted Living. It's a great opportunity to knock out some early Christmas shopping as we will have a variety of vendors stationed down the hallway. We will also have a table of

items that the residents made including hats and scarves made by Assisted Living.

The Independent Living residents also made a variety of hand sewn pieces including a nifty walker bag that can be attached to the front of any walker.

Join us on the 12th to support this festive fall event benefiting Dementia Alliance and purchase some wonderful gifts for family, friends, or of course, yourself!



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!

ASSOCIATE SPOTLIGHT

For the month of October, we are recognizing Sinta Lenahan as the associate of the month. Sinta is the Life Enrichment Coordinator who you may have seen in Assisted Living, Memory Care, and sometimes Independent Living assisting with the exciting programs around the community.

Sinta graduated from East Carolina University and has been working at Waltonwood for about a year.

We love Sinta's positive energy, willingness to go above and beyond, and contagious smile. Thank you Sinta for all you do!



APPRECIATION: ASSISTED LIVING WEEK

We would like to formally thank everyone who participated in the Assisted Living Week festivities this month. Established in 1995, The National Center for Assisted Living created the nationally recognized week to honor and appreciate residents, loved ones, staff, volunteers, and the community which together make up an Assisted Living home. Cary Parkway was one of countless Assisted Living communities that celebrated. Our Assisted Living is not only a community here at Waltonwood, but an extended family, and we are so thankful that we were able to celebrate together.

The theme this year was "A Spark of Creativity," so we expressed in a variety of ways all week. All of the associates were invited to create vision boards to symbolize their future life goals, the housekeeping associates painted ceramic coffee mugs with the residents, and we finished out the week with a "Wacky Tacky" finale social which included hibachi made by Chef Andy for all of the residents and associates.

Thank you to everyone who participated. We appreciate you!

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

SEPTEMBER HIGHLIGHTS

07

Grandparent's Day was celebrated with a BANG. We enjoyed the best of the oldies with games, music, and root beer floats.

10

The Master Gardener's of Wake County shared their horticulture knowledge. We used celery stalks to make beautifully unique roses.

FOREVER FIT: BETTER BONES

While many of us exercise to keep strong, healthy muscles, the benefits our bones get are just as important. Weight bearing exercises, or movements in which our body works against the forces of gravity, and resistance training work to increase bone density and improve overall bone health. As bones weaken with age, the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

Chris Grabowski, MS | Senior Forever Fit

09

We kicked off Assisted Living Week by decorating t-shirts that we wore to the finale party on Friday.

17

We learned about indigenous tribal art at the Nasher Museum including modern pieces that had powerful messages.



OCTOBER SPECIAL EVENTS

01

We will kick-off Active Aging Week with a party centered around making exercise fun!

15

We are partnering with Legacy for the annual Fall Festival!

09

We're looking forward to preparing for the fall season by visiting the Farmer's Market to pick out pumpkins.

31

Join us on Halloween for a Fall Festival hosted by the Wake Tech Activity Director graduating class!



EXECUTIVE DIRECTOR CORNER

Greetings,

Friends make the best neighbors! A friendly reminder that our Friends and Family Resident Referral program is in full swing with an increased bonus for you until October 31st! Stop by Niya or Chelsea's office for further details on how to refer your friends to Waltonwood.

Best regards,

Matt VanAuker