

NOVEMBER 2019

# CARY PARKWAY CONNECT

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*Redefining Retirement Living®*

**SINGH**

750 SE Cary Parkway, Cary, NC 27511  
[www.waltonwood.com](http://www.waltonwood.com) | 919-460-7330  
Facebook: /WaltonwoodCaryParkway



## Upcoming Events

We have added some awesome new programs to the calendar this month! On Monday nights at 6:30, we will be holding Speed BINGO. Speed BINGO is a fast paced BINGO game, so bring a friend and play for the chance to win a lot of BINGO Bucks! On the third Wednesday of the month, we will have Science Club! We will be performing experiments and learning about the different reactions for each experiment.

Calling all ladies! Join us on the second Thursday of the month for Mani's & Mimosas. This is a time to get your nails done, socialize with other ladies, and have a drink!

On Thursday, November 7 we will be holding a Hat & Scarf Sale and all items are hand made by residents and on Tuesday, November 26 will be holding a Bake Sale. All proceeds from both events go towards Dementia Alliance!

## 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

Niya Hooks  
Marketing Manager

Chelsea Gray  
Marketing Manager

Dottie Wallin  
Resident Care Manager

ReRe Artis  
AL Wellness Coordinator

Andi Vogel  
MC Wellness Coordinator

Patric White  
Environmental Services Manager

# ASSOCIATE SPOTLIGHT

Emily Williams

Emily is our Move In Coordinator! She began working at Waltonwood in December 2018. Emily was previously an interior decorator prior to working at Waltonwood. Her favorite food is any kind of pasta and she has a dog named Bravo, he is a Pekingese. Emily's favorite hobby is decorating and coordinating events! Be sure to congratulate Emily when you see her!



## OCTOBER HIGHLIGHTS

12

Our Fall Bazaar Event was a huge success with so many amazing vendors!

15

Everyone had a blast with the Fall Festival hosted by Legacy!

21

Thank you to everyone that came out to support Breast Cancer Awareness at our Pink Out Event!

30

Razzmatazz is a State Senior Games senior dance group and they had a great crowd!



## FOREVER FIT/WELLNESS TOPIC/ARTICLE

### Positive Outlets

No matter the age stress is a part of our daily lives. How we choose to manage it however can significantly impact our overall health and wellness. When left to build over time, chronic stress causes a hormonal change in the body making us more susceptible to conditions such as anxiety, depression, type 2 diabetes, heart attack and stroke. The good news is that positive coping strategies such as regular exercise, a well-balanced diet, adequate sleep and a strong support system of family and friends have all been directly linked to lower stress levels and a better quality of life. In the fast pace of life, it's far too easy to get caught up in everything else going on that we simply forget about how we feel and our own well-being.

## Transportation

Beginning this month, we are including a Saturday morning outing to take your recyclables to the dump! We ask that all recyclables be separated prior to the outing. Please be in the lobby with your items at 9:00 AM on Saturday.

**Thursday, November 7– Banks & Grocery Shopping at 1:00 PM**

**Thursday, November 14– Banks & Grocery Shopping at 1:00 PM**

**Friday, November 15– Shopping at the Smithfield Outlets and Lunch**

**Friday, November 22– Movie Theater to see “Judy”**

## NOVEMBER SPECIAL EVENTS

06

Join us for a special presentation from Chef Andy as he presents on New Caledonia reptiles!

13

Elvis is in town! Join us in the Café at 2:00 pm for this special performance!

14

Mani’s & Mimosas is kicking off this month! Open to all the beautiful ladies at Waltonwood!

20

Join us today for Science Club! We will be learning new experiments and how they come to be!



## EXECUTIVE DIRECTOR CORNER

Greetings,

While I understand my time with you all has been on the shorter side, I would like to thank everyone for welcoming me into the Waltonwood Cary Parkway family. It has been a pleasure working with you all and getting to know everyone in our community. My last day with Waltonwood will be November 15th. During the transition period while a new Executive Director is hired, Eric Davis - Associate Executive Director and Randy LeMaster - Regional Director of Operations will assisting with day to day oversight of the community.

Matt VanAuker, [matthew.vanauker@singhmail.com](mailto:matthew.vanauker@singhmail.com)





## Celebrating November Birthdays

- 3– Virginia H.
- 5-- Don H.
- 5– Bill M.
- 8– Jane C.
- 11– Charlotte Y.
- 12– Tony D.
- 13– Bob W.
- 19– Fran R.
- 23– Doris M.
- 24– Sallie Y.
- 25– Lucia S.

## CHEF'S COOKING DEMONSTRATIONS

05

Spinach and goat cheese stuffed portabella mushrooms.

19

Smoky pumpkin humus.

12

Baked spinach artichoke dip and pitas.

26

Chicken sate with red curry peanut sauce.

## CHEF'S SIGNATURE RECIPE

### Smoky Pumpkin Hummus

- 2 cups chickpeas drained and rinsed
- 1 cup canned pumpkin puree
- 1/4 cup tahini paste
- 2 garlic cloves
- 1 teaspoon smoked paprika
- 1/4 teaspoon cinnamon
- Salt and pepper to taste
- Olive oil

### Instructions

1. Place all ingredients in a blender and drizzle olive oil while blending until smooth.
2. Serve chilled in a bowl with pita chips, crackers, or pretzels.



## 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!