

CARY PARKWAY CONNECT

DECEMBER 2019

CHEF'S COOKING DEMONSTRATIONS

05

Our Holiday Open House event us from 10:30 AM – 1:30 PM.

12

Szechuan Pork Belly Bites with BBQ Glaze

19

Interactive Cooking Demonstration with Chef Andy at 2 PM

26

Enjoy family time this week! Happy Holidays from Cary Parkway!

Pecan Walnut Gingerbread Cake

Ingredients:

½ cup granulated sugar
1 egg
½ cup butter
1 cup molasses
1 ½ tsp baking soda
2 ½ cup all-purpose flour
2 tsp ground ginger
2 tsp ground cinnamon
1 tsp ground cloves
½ tsp salt
½ cup applesauce
1 cup hot water
½ cup chopped pecans
½ cup chopped walnuts

Directions:

Preheat oven to 350 degrees.
Mix together the butter and sugar until fluffy.
Beat the egg and add the egg and molasses to the butter mixture.
Add flour, baking soda, salt, and spices.
Mix water with applesauce. Slowly add to the main mixture. Be careful to not overmix.
Pour in a greased pan and bake for about 45 minutes.

~Chef Andrew Fetzer, Dining Services Manager

December Birthdays

Guy L. December 17th

Olivia R. December 24th

Please join us this month in wishing these two a happy birthday on their special day!

COMMUNITY MANAGEMENT

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



HOME FOR THE HOLIDAYS

The holiday season is in full swing, and we're feeling the love here at Waltonwood. Thank you to everyone who came to our Thanksgiving dinner event. We have so many things to be thankful for, and we love celebrating with the people we value the most.

We are looking forward to the special events this December and the memories they will create. To highlight a few, this month our **Open House** event will be from 10:30 AM – 1:30 PM on December 5th, our **Family Mixer** is on the 12th

at 6 PM, and our **Resident Holiday Party** will be on December 19th from 6 – 8 PM.

We will be sending out flyers and emails, so stay tuned for further details and RSVP dates. We're looking forward to sharing the holiday season with you all, and remember, the celebrations won't be the same without you!

Happy Holidays!

\$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!

ASSOCIATE SPOTLIGHT

Please help us in congratulating Courtney Brennan as the associate spotlight this month! Courtney is a med-tech who joined our team 4years ago. She’s always willing to lend a helping hand to ensure that the residents get the care they need. Courtney has a great way with the residents and always has a smile on her face. Her rapport with residents and families speaks for itself. Thank you Courtney for all you do! You really are an asset to our Waltonwood team.



NOVEMBER HIGHLIGHTS

05

We got some fresh air and quality time outside at Phillips Farm.

11

Our Veteran’s Day Luncheon was a great way to honor our Waltonwood Veterans. Thank you for your service!



12

The Master Gardener’s of Wake Co. shared some fun facts about fall produce, and we made festive pumpkins.

21

We were definitely thankful for the delicious feast at our Thanksgiving family dinner.



FOREVER FIT: HAPPY HEALTHY HOLIDAY

The holiday season is in full swing, and one of the happiest times of the year is also one of the most stressful. Taking care of ourselves should be a top priority in the coming weeks, and no matter what big plans you have in store, don’t let the hectic pace of the season derail your health and wellbeing. Keep these few tips in mind to have the happiest and healthiest holiday season.

Moderation: Tis the season of excess, but that doesn’t mean you can’t balance the goodies with healthy options too. Eating plenty of fruits and veggies around the holiday table will help ensure you get the nutrients you need to feel your best.

Stay active: Busy schedules can leave little room for exercise, but don’t neglect it completely. Even 30 minutes a day can help to boost your mood and reduce stress.

Manage Stress: Be sure to take “me time.” Setting aside even a few mindful minutes every day can help prevent burnout.

Chris Grabowski, MS | Senior Forever Fit

END OF THE YEAR – SURVEYS

It's that time of year again - survey time! Our end of the year surveys will be mailed out at the beginning of this month, so be on the look out to receive them the week of the 9th. The surveys are a great way for us to receive feedback for areas we need to improve on and areas we are doing well.

If sharing your feedback isn't enough to make you want to turn in your survey, we will also be hosting a family mixer where your survey will be your ticket in the door! The mixer will be on Thursday, December 12th at 6 PM. Remember to bring your survey, as this will be your ticket into the mixer and your entry into a raffle!

Thank you all in advance for this past year. We appreciate everyone who makes up the the Waltonwood family, and we want to continue to be the best community in senior living. Please help us reach this goal by giving us feedback in the end of the year survey!

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

DECEMBER SPECIAL EVENTS

04

We’ll be stuffing stockings for our “Stockings of Joy” event.

05

Our Open House Event will be held in all three neighborhoods. Come see what it’s all about!

17

No one wants to miss the beautiful Christmas lights this time of year. The lights tour is an outing we look forward to every year.

19

Our community-wide holiday celebration will from 6 – 8 PM. Tis the season!



Executive Director Corner

Greetings,

We would like to thank you all for being patient during this time of transition. We are on the hunt for an executive director who will be the perfect fit for our community here at Cary Parkway. We will continue to update everyone as we continue to fill this position. Have a happy holiday season!

Best regards,
Your Waltonwood Family