

JANUARY 2020

# CARY PARKWAY CONNECT

JANUARY 2020



*Redefining Retirement Living®*

**SINGH**

750 SE Cary Parkway, Cary, NC 27511

[www.waltonwood.com](http://www.waltonwood.com) | 919-460-7330

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## New Beginnings

The new year is finally here, and we are eager to start a new chapter with you at Waltonwood Cary Parkway.

We are so fortunate to cherish the memories that this past year has held. 2019 was filled with celebrations, socials, special events, performances, and much more, but the most important part of the year was the time spent with our loved ones and the memories those experiences produced. We are looking forward to the new experiences and memories that 2020 will create, and we are so thankful that we can be a part of that journey with you.

We will have new programs starting with the new year! Join us for our Club Fair on Wednesday, January 15 at 2:00 PM to find out more information on clubs and programs offered at Waltonwood.

## COMMUNITY MANAGEMENT

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

Marvin Forry  
Environmental Services Manager

## ASSOCIATE SPOTLIGHT

Julia Thompson

Julia is going to school for architecture and interior design. Her hobbies include playing various instruments and taking road trips. She has three dogs, Dunkin, Daphne, and Thor who she enjoys spending time with. She likes working at Waltonwood thanks to the welcoming environment and also the ability to talk to and bond with the residents.



## DECEMBER HIGHLIGHTS

03

Bell Ringers Performance.

04

Stockings of Joy Decorating.

11

Civil War Presentation.

16

Sugar Cookie Decorating.



## FOREVER FIT/WELLNESS TOPIC/ARTICLE

### January Journal

Every January millions of Americans resolve to move more, eat better and stress less. In fact, nearly 55% of all New Year's resolutions focus on improving our overall health & wellness and while that's an encouraging number, only 8% actual stick to their plan. There are certain tactics however that make it much more likely you'll have success in staying on track and reaching your goals. This January try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing if the choices you've made took you closer too or further from your ultimate goal. Whether a short note or lengthy paragraph keeping a journal helps to create the accountability necessary to achieve success now and for the months to come.



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## 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 the first and third Saturday of the month.

**Friday, January 3– Shopping at Hammricks**

**Friday, January 10– Temple Theater– The Last Five**

**Thursday, January 16– Dinner at Luganos**

**Thursday, January 23– Lunch at Panera**

## JANUARY SPECIAL EVENTS

06

Wii Bowling League  
kicks off!

15

Club Fair!

20

Martin Luther King  
Jr. video  
presentation.

29

Spelling Bee  
Competition.



## 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



## Celebrating January Birthdays

1- Gloria G.  
5- Dorothy E.  
5- Roy B.  
9- Frank Y.  
16- Mary M.  
25- Nadine W.  
25- Yvonne J.  
28- Lois L.

## CHEF'S COOKING DEMONSTRATIONS

07

Fried Scallops over pesto cream.

14

PEI Blue Mussels Appetizer.

21

French Venison rack.

28

Seabass en Papillote.

## CHEF'S SIGNATURE RECIPE

### Seabass en Papillote

Seabass Fillet 8oz  
Onions, Julienne – 1oz  
Butter – 1 tbsp  
Lemon – 1 lemon sliced  
Capers – 1oz  
Tarragon – 1oz  
Parchment Paper

1. Cut a large circle shape from parchment paper, approximately 12" diameter
2. Place Seabass Fillet off center on the parchment
3. Place lemon slices and onion on top of the fish
4. Place Tarragon sprigs and butter over the lemon, sprinkle capers
5. Top with Butter
6. Add salt to taste

- Fold the edges of the paper to form a seal
- Bake at 400 degrees for 7-10 minutes
- Serve the parcel whole, slit open at the table



## 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!