



## CHEF'S COOKING DEMONSTRATIONS

08

Fried Scallops over Pesto Cream

15

Bruschetta

21

Frenched Venison Rack

29

Tarragon Cream Seabass

### Seabass en Papillote

#### Ingredients:

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

#### Directions:

Cut a large circle shape from parchment paper, approximately 12" diameter  
Place Seabass Fillet off center on the parchment  
Place lemon slices and onion on top of the fish  
Place Tarragon sprigs and butter over the lemon, sprinkle capers  
Top with Butter  
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

~**Chef Andrew Fetzer, Dining Services Manager**

## Happy Birthday

~ Carmela M.  
~ Ruby F.



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

JANUARY 2020

ASSISTED LIVING



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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.

Happy New Year from Waltonwood Cary Parkway! Continue to be on the lookout for upcoming special events and opportunities to make memories. Together we will make this year the best one yet!

~ Your Waltonwood Family

## COMMUNITY MANAGEMENT

Tina Forsythe  
Business Office Manager

Andrew Fetzer  
Culinary 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 Hooks  
Marketing Manager

Chelsea Gray  
Marketing Manager

Dottie Wallin  
Resident Care Manager

ReRe Artis  
AL Wellness Coordinator

Andi Vogel  
MC Wellness Coordinator



## ASSOCIATE SPOTLIGHT

Please help us in Kicking off the new year with a bang, we would like to celebrate one of our wonderful associates for the January associate spotlight. **Paula Summa** has worked at Waltonwood as part of the concierge team for six years.

“I love the residents and do my best every day to assist them and their families.” Paula is married, lives in Cary, and has two grown children and one granddog!

Thank you, Paula, for all you do!



## DECEMBER HIGHLIGHTS

05

Our holiday open house was a huge success! We enjoyed great food and scented crafts!

12

The last family mixer of the year was so much fun! We played our favorite bingo games, indulged in great food and wine!

13

Thank you to all the residents who help make our pie drive a success!

18

The puppy chow mason jars were so much fun to make! The residents loved making them for their loved ones!



## FOREVER FIT CORNER

The 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% actually 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 to 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. So, this January, write it down, and give yourself a tool to help make 2020 your healthiest year yet!

## END OF THE YEAR – SURVEYS

Thank you to everyone who submitted their end of the year survey! We greatly appreciate all of your feedback, so we can hear from families and residents what we are doing well and what areas we need to improve.

Congratulations to the **Mamo** family and the **Dillon** family for winning the dinner for two in the Waltonwood Cadillac! The Mamo family will enjoy an all-inclusive dinner to Angus Barn on a night of their choosing with chauffeur service in our Waltonwood Cadillac. The Dillon family will enjoy a dinner to Lucky 32.

If you missed our December Family Mixer or our Waltonwood Holiday party, make sure to be on the lookout for our upcoming family socials and events. These are not only a great way to get lucky and win prizes and gift cards, it's also a way to meet-and-greet with other families, managers, and new residents.

Thank you for a wonderful year, and we look forward to what 2020 has in store.

Happy New Year!

~LaQuita Dunn, AL Life Enrichment Manager

## JANUARY SPECIAL EVENTS

07

Come join us as we embark on our new journey of the laughter yoga experience.

09

Join us for our evening concert as we take a blast from the past with the 60's feel good music!

20

Join us for our Martin Luther King Jr. presentation in the Grand Central Station.

23

Please join us for our 1<sup>st</sup> monthly Family Night Mixer of the year.



## Executive Director Corner

Happy Holidays!

It is with great pleasure that I introduce Brian O'Hara as executive director of Waltonwood Cary Parkway. Brian will join the team January 15<sup>th</sup>. Please keep an eye out for an invitation to meet Brian and introduce yourself.

Best regards,  
Your Waltonwood Family