

CARY PARKWAY CONNECT

JANUARY 2020



COMMUNITY MANAGEMENT

Tina Forsythe
Business Office Manager

Marvin Forry
Environmental Services
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

~Your Waltonwood Family

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!

CHEF'S COOKING DEMONSTRATIONS

09

Malt Vanilla Milkshakes

16

Interactive Cooking Demonstration with
Chef Andy at 2 PM

23

Banana Rum Foster

30

Tarragon Cream Seabass

Seabass en Papillote

Ingredients:

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

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

\$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!

GO RED!

Next month is our Go Red for Women event! This is an opportunity to raise awareness for women's heart health. We will be recongizing the day by doing an *all red* fashion show. Find your favorite red outfit and be ready to strut your stuff on February 7th. More details to come!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

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

02

Decorating the Christmas trees was a family affair. Stella from housekeeping lended a helping hand too!

05

Our Holilday Open House was a huge success with delicious, decandent food and wonderful aromas for our homemade potpourri.

03

The Stockings of Joy program donates supplies to older adults in need. We decorated the stockings for our donated items.

19

We enjoyed festive music, food, and most importantly, great company at our Waltonwood Holiday Party.



FOREVER FIT: 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% 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!

Chris Grabowski, MS | Senior Forever Fit

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!

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

JANUARY SPECIAL EVENTS

03

Ed from Independent Living will be hosting entertainment every Friday at 3:30. We look forward to the music selection!

21

The Reflections Tour at Nasher Museum is an individualized guided tour through the museum, and we can’t wait.

06

This month our travelogue series will be venturing to Africa! Join us Mondays at 3:15 to check it out!

29

The giant aquarium in the back of the store is only part of the enjoyment of visiting Bass Pro Shop.



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 15th. Please keep an eye out for an invitation to meet Brian and introduce yourself.

Thank you everyone!

Randy LeMaster