

CARY PARKWAY CONNECT

FEBRUARY 2020

CHEF'S COOKING DEMONSTRATIONS

06

Cherry Jubilee

13

Berry Cobbler

20

Interactive Cooking Demonstration with
Chef Andy at 2 PM

27

Chocolate Balloon Shells with Mousse

Seabass en Papillote

Ingredients:

Seabass Fillet 8oz
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!

This month we're celebrating several February birthdays including:

Mary Lou I. February, 3rd

Ines P. February, 4th

Ginny S. February, 6th

COMMUNITY MANAGEMENT

Brian O'Hara
Executive Director

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



LOVING ONE ANOTHER

February is finally here, and we have so much to be thankful for this month. February is a time to recognize and celebrate our loved ones with the holiday of love, Valentine's Day. We'll be celebrating with our annual Vow Renewal luncheon for the married couples here at Waltonwood.

We will also be honoring our hearts with our **Go Red Fashion Show** on February 7th. The month of February is Go Red for Women which is a national movement to end strokes and heart disease in women

hosted by the American Heart Association. Make sure to wear RED on the 7th!

Last, but not least, February is Black History month. We will be honoring the individuals who fought for equal rights in our country regardless of race. We are looking forward to February as it symbolizes so many important and powerful recognized days. Remember to spread the love this month and take care of your heart!

~Your Waltonwood Family

\$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 join me in congratulating Walter Ball as the February Associate of the Month!

Walter is a part of our valued maintenance team. He has been a part of the Waltonwood family for about 6 months, and we are so happy to have him!

Walter is from Henderson, NC and has 3 daughters. He loves fishing and football – Go Steelers and Duke Blue Devils!

Thank you Walter for all you do to keep our building in tip-top shape!



THE POWER OF GIVING BACK

Volunteering and giving back to society can be a great way to empower, give purpose, and provide fulfillment in life. This month we are giving back by visiting the SPCA of Wake County to help socialize the puppies! On Tuesday, February 25th, we will be making homemade dog treats to bring with us.

We plan to continue our acts of kindness throughout 2020 as volunteering and giving back to society is known to provide benefits to those who both give *and* receive. Volunteering can counteract stress, anger, anxiety, combat depression, provide those “feel good” hormones, boost self-confidence, and give purpose.

Waltonwood Cary Parkway loves to give back to society, and we’re all doing our part. Remember to check-out the calendar each month for our volunteer opportunity. Everyone is welcome. Many hands make light work!

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

JANUARY HIGHLIGHTS

09

We tried out a new group, Time For Us, and they were a hit! They will start coming the first Thursday of every month!

13

We themed the month on our travels to four different countries in Africa. We painted rhinos from Mozambique!

15

The weather was perfect for an outing to Garden Supply. The plants were beautiful, and we enjoyed the nice day in January.

21

We added a special outing this month to the Nasher Art Museum in Durham. It was interactive and very intriguing.



FEBRUARY SPECIAL EVENTS

03

We will have a special fiddle musical group at 9:30 AM. We'll be starting the morning off right!

07

Come out for our GO RED for Women Heart Health event at 2 PM in the IL Dining Room. Make sure to wear red to represent!

11

The Master Gardners of Wake Co. are back! They will share their expertise with us at 2:30 PM in Creative Hands!

13

We will recognize National Giving Hearts Day by making homemade blankets and donating them to patients in the hospital.



FOREVER FIT: KNOW YOUR NUMBERS

Heart health starts with a healthy lifestyle. Being active, eating well, and maintaining a healthy body weight are all excellent ways to help ensure you stay in good health. There are, however, some other factors to consider. Numbers, when elevated, can greatly impact how you feel. High blood pressure, high cholesterol, and elevated blood sugar all place a great amount of stress on the body making your heart work harder and make you more susceptible to heart disease and stroke. So, this February, join with the American Heart Association and help celebrate American Heart Health Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a healthy, happy lifestyle for years to come.

Chris Grabowski, MS | Senior Forever Fit

Executive Director Corner

Hi!

I'm Brian O'Hara - your new Executive Director here at Waltonwood Cary. I've been in the geriatric field for over twenty years now and very much enjoy working with seniors. I grew up in the western part of NC in Gaston County and went to school down east at Barton College in Wilson. I currently live in Wilson with my wife Jamie and our son Lawson who is 14 and a freshman in high school. I feel so blessed to be your new executive director here at Waltonwood Cary and look forward to serving you and your family. Please feel free to come by and say hello anytime!

Brian O'Hara