

FEBRUARY 2020

CARY PARKWAY CONNECT

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Redefining Retirement Living®

SINGH

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Facebook: /WaltonwoodCaryParkway



New Beginnings

Waltonwood will be hosting our first “Go Red Fashion Show” in honor of raising awareness in ending heart disease and stroke in women. We are looking for models for this event, if you would like to participate, please see Zoe to sign up.

Table tennis is back!! Join us Saturday mornings at 11:00 AM to play a friendly game of table tennis in the Creative Hands Room!

For anyone looking to relax and meditate, Relaxation Techniques will take place on the first and third Monday of each month at 1:00 PM in the Theater. This will be a quiet time to reflect on the day, the past week, and to escape the hectic world.

COMMUNITY MANAGEMENT

Brian O'Hara
Executive Director

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

Danny Hailemariam

Danny has worked at Waltonwood for almost ten years! He said his favorite part about working here is meeting new residents and getting to know current residents. Danny is originally from Fairfax, Virginia and moved to North Carolina in 1999. He is the youngest of three and has two older sisters. His favorite color is blue and his favorite football team is the Pittsburgh Steelers! Be sure to thank Danny for all his hard work and dedication and congratulate him when you see him!



JANUARY HIGHLIGHTS

15

Dinner at Bonefish Grill

15

Club Fair

21

BINGO Auction

29

Spelling Bee



FOREVER FIT/WELLNESS TOPIC/ARTICLE

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 that the health you have is the health you keep. There are, however, some other factors to consider: numbers that 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 more susceptible to heart disease and stroke. 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.

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Transportation

Don't forget, we have Recycling outings on the first and third Saturday of each month! Please be in the lobby with your items at 9:30 AM.

Friday, February 6: Dinner outing to Lugano

Friday, February 13: Lunch outing to Outback

Thursday, February 20: Lunch outing to Mayton Inn

Friday, February 21: Nasher Museum of Art at Duke University

FEBRUARY SPECIAL EVENTS

05

Mark Twain Reading

12

Chair Volleyball

13

Jeopardy

14

Barbershop
Quartet



EXECUTIVE DIRECTOR CORNER

Greetings,

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!



Celebrating February Birthdays

5: Bobbie R.
12: Tom J.
19: Jo Ann F.
19: Joe K.
19: David H.
20: Anne W.
21: Bill C.
22: Mildred P.

CHEF'S COOKING DEMONSTRATIONS

04

Sweet Chili Coconut Shrimp

11

Classic Bruschetta

18

Shrimp and Scallop Seafood Dip

25

Pork Belly Crostini

CHEF'S SIGNATURE RECIPE

Classic Bruschetta

Italian Bread

Roma or Vine Ripe Tomatoes

Garlic

Basil

Extra Virgin Olive Oil

Salt and Pepper

- Italian or French bread can be used, or any semi-firm bread of your choice.
- Finely dice tomatoes and garlic
- Finely chop basil
- Proportions of the tomato mixture can vary to taste, however, the majority of the topping is tomatoes with a small amount of garlic. Use a bowl to mix, adding basil to your taste, as well as salt and pepper. Finish off with a splash of Extra Virgin Olive Oil but be careful not to add excess.
- Slice the bread to ½" thickness, lay flat on a pan, season with oil, salt and pepper, then bake until toasted.
- Top with tomato mixture and serve while the bread is still warm.



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!