

CHEF’S COOKING DEMONSTRATIONS

04

Ginger Cream Fried Shrimp

18

Tikka Masala

25

Crepes Suzette

Happy Birthday

~ Nancy M. 4th

Bacon Beer Cheese Soup

Ingredients:

- Bacon, ½ lb
- Onion, 1 large Chopped
- Garlic, 2 cloves Minced
- Beer, 1 8oz
- Chicken Broth, 2 Cups
- Cheddar Cheese, 4 Cups
- Whole Milk, 1 Cup
- Flour, 1/3 cup
- Salt and Pepper

Directions:

1. Render Bacon in a pot until crispy, pull bacon out
2. On medium heat, sauté Onions and Garlic until soft
3. Add flour and mix thoroughly to form a roux, cook for several minutes
4. Add Chicken Broth and Beer, heat to simmer
5. Add Cheddar Cheese, stirring constantly
6. Finish with Milk, Salt and Pepper

~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!

CARY PARKWAY CONNECT

MARCH 2020

ASSISTED LIVING



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www.waltonwood.com | 919-460-7330
Facebook: /WaltonwoodCaryParkway



Marching Forward.....

2020 is already in full swing, and we'd like to thank everyone for all for the wonderful memories thus far in 2020! The Go Red Fashion Show, Vow Renewal, and Family Mixers have been a great way to bond with everyone this year. We want to keep the momentum going as we continue creating those special moments with our Waltonwood family.

March symbolizes another level of family for our management team. All of the management team from all of the Waltonwoods will be meeting in Michigan

for our annual symposium.

We're all looking forward to the new things we will learn and bring back to the community, but most importantly, this will be a great time to emphasize with each community the value of being a part of the Waltonwood Family.

Thank you again for all of your time and efforts to make our Waltonwood Cary Parkway the best family it can be!

~ 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
- Marvin Forry
Enviornmental Services Manager



FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Evan Bingham is our March Associate of the Month! As many of you are aware, Evan is our invaluable Life Enrichment Coordinator. He helps with all of the programs and outings, and you've probably heard his musical abilities during our special events or singing groups. Evan is a singer and songwriter, loves seafood, and is a Cary native. He is a graduate from Cary High School. In April, Evan will have been a part of the Waltonwood team for a year, and we're so thankful he's been such a great part of our Life Enrichment Team. Please join us in congratulating Evan!



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.

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!

~**LaQuita Dunn, AL Life Enrichment Manager**

FEBRUARY HIGHLIGHTS

07

We had such a wonderful time at breing women's heart health awareness at our GO RED fashion show!

13

Our Galentine's Day sip and paint was a hit! All the ladies gathered for snacks, punch, and paint!

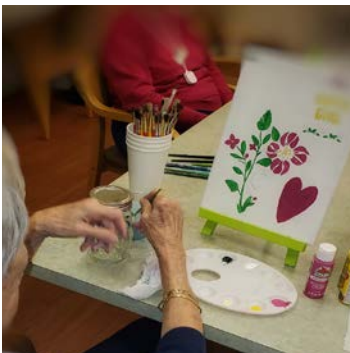


13

We enjoyed the Master Garndeners as they came as spreaded some love with all the heart shaped flowers!

20

Water color Wednesday has been such a relaxing touch, as we drift off into our creatve minds wile make portraits.



MARCH SPECIAL EVENTS

11

We are excited to have our very owon Italian Pasty Chef, Pactrick, doing a cooking demonstraition!

19

Join us for our "Irish Style" family night mixer! Looking forward to the food and games!

26

Mark you calendar to join us for our open house event, Taste of Waltonwood, as we kick off spring with our gardening!

27

Join us for our first official BINGO AUCTION of 2020!! Bring all of your bingo bucks!



FOREVER FIT CORNER

Just like our personalities, our fitness profile is uniquely ours. Our strengths, weaknesses, abilities, and limitations are directly related to our overall health and wellness. Past experiences often shape our perception of where we feel we "should" be when assessing our current state, and while it's completely normal to want to compare ourselves to others...don't! What matters most is being honest with yourself and with your capabilities because it's those capabilities that allow you to establish an appropriate base upon which your future improvements can be built. By focusing on yourself rather than focusing on the work of your peers, you help identify what your body truly needs, a tailored approach designed for you and you alone. Like most things in life, exercise is not one size fits all, so don't be afraid to slow down to pick a pace that suits you best. A good exercise program is a safe exercise program. One designed with your needs in mind is the safest one of all..

Chris Grabowski, MS | Senior Forever Fit

Executive Director Corner

Residents and friends – I wanted to take a moment to thank you for completing the resident/family satisfaction survey over the holiday season as well as the warm welcome you all have given me. I have spent a great deal of time reviewing your responses and look forward to working with our community leaders on our action planning that will begin in March. In upcoming weeks, I'll send further communication about our surveys and our 2020 goals. Without your feedback, we will not continue to grow as a community. We are also excited about the refurb to our common areas that should be starting shortly here at Waltonwood Cary and thank you in advance for cooperating with us during this time of construction. Thank you!

~Brian O'Hara, Executive Director