



# CHEF’S COOKING DEMONSTRATIONS

05

Fruit Smoothies

12

Baking Class at 9:30 AM

19

Interactive Cooking Demonstration with Chef Andy at 2 PM

26

Crepes Suzette

## 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:

Render bacon in a pot until crispy. Pull bacon out. On medium heat, sauté onions and garlic until soft. Add flour, and mix thoroughly to form a roux. Cook for several minutes. Add chicken, broth, and beer. Heat to a simmer. Add cheddar cheese, stirring constantly. Finish with milk, salt, and pepper.

~Chef Andy Fetzer, Culinary Services Manager

## Happy Birthday!

Join us in celebrating several March birthdays!

Sandy M.	March 12 <sup>th</sup>
Bennie G.	March 18 <sup>th</sup>
Dorothy M.	March 28 <sup>th</sup>
Michael R.	March 31 <sup>st</sup>



## 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

MARCH 2020



## FAMILY

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



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## COMMUNITY MANAGEMENT

Brian O'Hara  
Executive Director

Tina Forsythe  
Business Office Manager

Marvin Forry  
Environmental Services Manager

Andy Fetzer  
Culinary Services Manager

Allison Whitaker  
MC Life Enrichment Manager

LaQuita Dunn  
AL Life Enrichment Manager

Zoe Taylor  
IL Life Enrichment Manager

Mercedes Atkins  
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



## 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!



## FEBRUARY HIGHLIGHTS

07

We recognized the American Heart Association's Go Red for Women's Heart Health day with a fashion show!

14

Brian, our Executive Director, renewed the vows of our married couples here at Waltonwood in honor of Valentine's Day.

13

Galentine's Day is always the day before Valentine's, and it's a day to celebrate all of the lovely ladies in your life. We sure did!

19

Our lunch outing was to The Famous Toastery. It was certainly delicious!



## FOREVER FIT: PICK YOUR PACE

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.

## THE TASTE OF WALTONWOOD

Waltonwood Cary Parkway's Taste of Waltonwood event is Thursday, March 26<sup>th</sup> from 10:30 AM – 1:30 PM. We will be highlighting the culinary excellence of our community. March is National Nutrition Month, and hosting an event centered around our culinary team is a great way to showcase the fresh, fun, and interactive dining experience that we value at Waltonwood.

During the event, we will have stations throughout the building with appetizers, desserts, and much more to show off our dining experience. As many of our Waltonwood family are aware, our Culinary Services Manager, Andy Fetzer, plans and executes action stations every week in each neighborhood. He also hosts an interactive cooking demonstration on the third Thursday of every month in our memory care community.

We would like to formally invite you all to join us in enjoying the Waltonwood dining experience on the 26<sup>th</sup>, as it will not disappoint. There will be plenty of delicious food to taste, and you might just leave with the inspiration to use your own take-away herb plant for some recipes at home!

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

## MARCH SPECIAL EVENTS

04

A pizza party is in the making! We'll have an "in-house" pizza party on the 4<sup>th</sup> for lunch!

24

We'll be celebrating National Chocolate Covered Raisin Day with our own homemade version!

17

We loved hosting the Master Gardener's of Wake County last month, and we can't wait to do some planting with them.

26

The Life Enrichment Team will be planting herbs as take-away gifts. We love planting, so we can have fresh ingredients!



## 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 plans beginning 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. Thank you in advance for cooperating with us during this time of construction. Thank you!

Brian O'Hara