

MARCH 2020

CARY PARKWAY CONNECT

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Redefining Retirement Living®

SINGH

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The Taste of Waltonwood

Waltonwood Cary Parkway's Taste of Waltonwood event is Thursday, March 26th 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 Dining Services Manager, Andy Fetzer, plans and executes action stations every week in each neighborhood. We would like to formally invite you all to join us in enjoying the Waltonwood dining experience on the 26th, 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!

COMMUNITY MANAGEMENT

Brian O'Hara
Executive Director

Tina Forsythe
Business Office Manager

Andrew Fetzer
Culinary Services Manager

Mercedes Atkins
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

Iysa Abdullah

My name is Iysa Abdullah, my family is from Philadelphia and I love working with my hands. I'm going to school for petroleum engineering in the fall. I love building computers and playing video games. I love working at Waltonwood and the ability to see and interact with a community that wouldn't get to interact with normally!



FEBRUARY HIGHLIGHTS

02

Super Bowl Party

05

National Chocolate
Fondue Day



07

Go Red Fashion Show

25

Mardi Gras Party



FOREVER FIT/WELLNESS TOPIC/ARTICLE

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.

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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, March 6: Shopping at Hammricks

Friday, March 13: Steel Magnolias at Temple Theater

Thursday, March 19: Dinner Outing to Lugano

Friday, March 27: Raleigh Arboretum

MARCH SPECIAL EVENTS

17

St. Patrick's Day
Social

18

March Madness
Kick off Event

22

Piano performance
by Michael Leidig

26

Taste of
Waltonwood



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!

Best Regards,
Brian O'Hara



Celebrating March Birthdays

1– Sylvia A.
2– Marty C.
3– Remell M.
4– Hal B.
4– Ethel S.
7– Gerry E.
7– Dick W.
10– Luba K.
11– Wyvette S.
16– Nancy T.
18– Mary P.
22– Julia D.
24– Ed J.
24– Mafi P.
26– Terry S.
26– David T.
27– Barbara P.

CHEF'S COOKING DEMONSTRATIONS

03

Ginger Cream Fried Shrimp

17

Tikka Masala

24

Charcuterie Platters

CHEF'S SIGNATURE RECIPE

Bacon Beer Cheese Soup

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

1. Render Bacon in a pot until crispy, pull bacon out
2. On medium heat, sautee 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



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!