

# CARY PARKWAY CONNECT

JULY 2020

## CHEF'S COOKING DEMONSTRATIONS

02

Baking at 9:30 AM

09

Baking at 9:30 AM

16

Baking at 9:30 AM

23

Baking at 9:30 AM

## Marinated Greek Chicken Kabobs

### Ingredients:

*Cubed Chicken*  
*Large Diced Red Onion*  
*Whole Button Mushroom*  
*Large Diced Bell Pepper*  
*Crumbled Feta Cheese*

### Marinade:

*1 Cup, Olive Oil (Not Extra Virgin, 80/20 will be fine)*  
*½ Cup Rice Vinegar*  
*Juice of 3 Lemons*  
*1 tsp Dijon Mustard*

### Directions:

Skewer pieces of chicken, onion, mushroom and bell pepper in alteration.  
Whisk together all marinade ingredients and combine with raw kabobs, cover, and chill for 30 minutes.  
Grill kabobs until chicken has reached an internal temperature of 165 degrees, or sauté in a pan, and finish cooking in the oven.  
Crumble feta over kabobs and serve.  
Garnish with chopped parsley if desired.

~Chef Andy Fetzer, Culinary 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!

## HAPPY BIRTHDAY!

Please join us in celebrating our July birthdays!

Mimi H. - 11<sup>th</sup>

Alice G. - 31<sup>st</sup>

## 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



## WALTONWOOD: SPRING HAS SPRUNG

As with the world, the Covid-19 virus has been troubling Waltonwood Cary Parkway since February. The healthcare society has had to rethink and reinvent everything about living and working to keep staff, residents safe, happy and healthy. With more testing being done every week, unfortunately this has led to more positive test results. Please help keep our staff and residents safe while practicing safe distancing and healthy habits, and please continue to bare with us during this trying time. Learn how COVID-19 spreads and

practice these actions to help prevent the spread of this illness.  
-Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.  
-Avoid close contact with people who are sick.  
-Put distance between yourself and other people (at least 6 feet).  
-Cover your mouth and nose with a cloth face cover when around others.  
-Clean and disinfect frequently touched objects and surfaces daily.

~Brian O'Hara, Executive Director



FRIENDS & FAMILY REFERRAL PROGRAM!



ASSOCIATE SPOTLIGHT

Please join us in congratulating Tamara Hackney as our July Associate of the Month! Tamara has worked at Waltonwood for over 2 years, and she has been a hard-working, dedicated associate from the start! Tamara is native to NC and is originally from Pittsboro. She enjoys going for walks and watching the Food Network to get new cooking ideas. Tamara said, “My favorite thing about Waltonwood is getting to know the residents.” Thank you Tamara for all that you do! We appreciate you!



THANK YOU: CNA APPRECIATION WEEK

Every year, we take time to celebrate the wonderful resident care team we have here at Waltonwood. We greatly appreciate what the resident care team does on a daily basis, and we always want to show our gratitude throughout the year, but during CNA Appreciation Week, we try to make their week extra special. June 22<sup>nd</sup> was the kick-off day of our CNA Appreciation Week at Cary Parkway. We enjoyed a tie-dye making station, lunch provided by our in-house therapy team, Legacy, and much more!

An eloquently put message from an RN, Gail Gabel said, “They are strong yet have the gentlest of touch. They walk with determination but always take time to listen. They are educators, teaching, and sharing knowledge every day. They are there when you need them the most. They are nurses!” In this case, we celebrate our nursing management team and out Certified Nursing Assistants, and our Medical Technicians.

We thank all of the resident care team at Waltonwood for always treating the residents here at Waltonwood as their family. We would not have the wonderful care and team without them.

~Allison Whitaker, LRT/CTRS, Life Enrichment Manager – Memory Care

JUNE HIGHLIGHTS

03 We celebrated National Egg Day with some healthy breakfast egg muffins. Yum!

12 We continued spirit day this month with a pajama day! Our craft was lacing red pajamas.



21 We enjoyed our Father’s Day cupcakes during our special mobile happy hour.

22 We hosted our annual Longest Day with an all day walk-athon. Every neighborhood contributed laps!



FOREVER FIT: YOU CAN

Henry Ford once said, “Whether you think you can, or you think you can’t...you’re right.” Often the ultimate success of an exercise program starts with the words we tell ourselves. Far too often we don’t give ourselves the credit we deserve for the strengths we have. Far too often we focus on what we can’t do instead of embracing what we can. At a time when motivation can be hard to find and positive thoughts are replaced by uncertainties, give yourself the credit you deserve. The words we tell ourselves are the foundation of our potential, so let those words be kind, confident, and powerful!

Chris Grabowski, MS | Senior Forever Fit

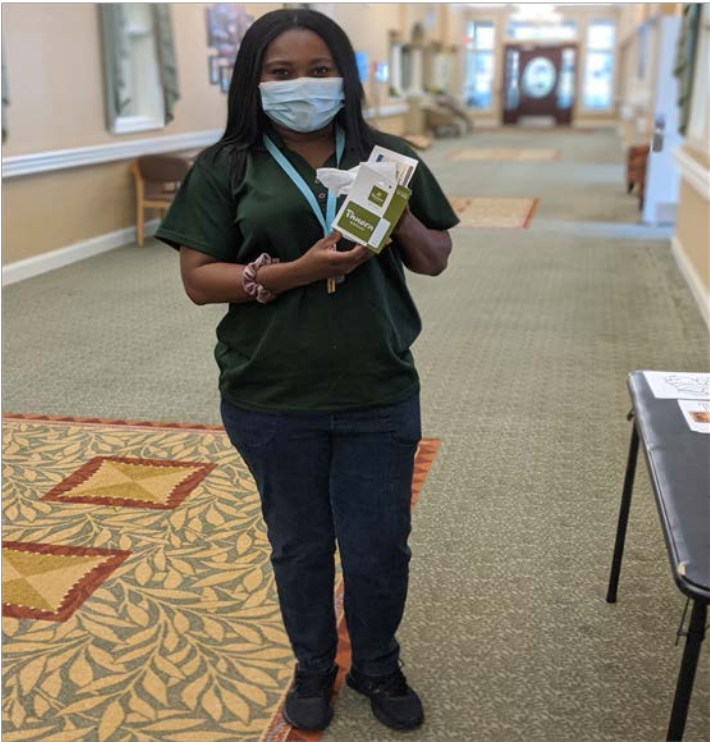
JULY SPECIAL EVENTS

01 We are continuing our weekly spirit days, and we are starting strong with a Rainbow Day!

08 BINGO is back! We will be playing hallway BINGO with social distancing in place. All the items will be sanitized thoroughly.

04 Our Culinary Team is making delicious hamburgers and all the fixings for our Fourth of July lunch!

24 We will be kicking-off the Waltonwood Summer Olympics with a special trivia and mobile happy hour.



Executive Director Corner

Residents and friends, Looking for encourageing quotes and poems, I’ve come across this poem and found it very inspiring. I hope this warms your heart as it did with my family.

“When this is over  
may we never again take for granted  
A handshake with a stranger  
Full shelves at the store  
Conversations with neighbors  
A crowded theatre  
Friday night out  
The taste of communion  
A routine checkup  
The rush each morning  
Coffee with a friend  
The stadium roaring  
Each deep breath  
A boring Tuesday Life itself.

When this ends  
may we find  
that we have become  
more like the people  
we wanted to be  
we were called to be  
we hoped to be  
and may we stay  
that way – better  
for each other  
bech of the worst.  
-Laura Kelly Fanucci

~Brian O'Hara, Executive Director