



July Happy Birthday

Marion M. 19th



FRIENDS & FAMILY REFERRAL PROGRAM!

Marinated Greek Chicken Kabobs

Quantity will depend on how large your skewers are and how many you’d like to feed.

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

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

Andy Fetzer | Culinary Services Director

\$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

JULY 2020

ASSISTED LIVING



“When This is Over....”

“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 theater, Friday night out, the taste of communion, A routine checkup, the school rush each morning, Coffee with a friend, The stadium roaring, Each deep breath! A boring Tuesday. Life itself.

When this end, may we find that we have become more like the people we wanted to be, we were called to be, we hope to be, and may we stay that way — better for each other because of the worst.”

~Laura Kelly Fanucci



750 SE Cary Parkway Cary, NC 27511
www.waltonwood.com | 919-460-7330
Facebook: /WaltonwoodCaryParkway

COMMUNITY MANAGEMENT

- Brian O'Hara
Executive Director
- 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
- Tina Forsythe
Business Office Manager

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 22nd 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 our 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.

~LaQuita Dunn, AL Life Enrichment Manager Laquita.Dunn@singhmail.com

JUNE HIGHLIGHTS

03

We love spreading smiles and love when we can! Ms. Emily enjoyed receiving her surprise rose from the life enrichment team!

17

We are excited to see our vegetables and herbs sprouting up in our garden!

11

We are still thriving in our fitness classes and making sure that our residents are getting the motion and exercise they need!

29

Chef Andy was elated to receive a harvest of herbs from the AL garden!



JULY SPECIAL EVENTS

01

We are looking forward to our Rainbow spirit day and the joy of HALLWAY BINGO coming back to AL!

09

We are gearing up for a day visit to the Safari for our spirit day with zoo treats at our Happy Hour!

20

Strolling back into time with our Hippie spirit day and our dress up photo booth sessions!

28

Come shine bright and dress in your loudest colors for NEON day!



FOREVER FIT CORNER: 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

Executive Director Corner

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. The best way to prevent illness is to avoid being exposed to this virus. Learn how COVID-19 spreads and practice these actions to help prevent the spread of this illness.

To help prevent the spread of COVID-19, everyone should:

- 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.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces daily.

~Brian O'Hara, Executive Director