

JULY 2020

CARY PARKWAY CONNECT

JULY 2020

INDEPENDENT LIVING



Redefining Retirement Living®

SINGH

750 SE Cary Parkway, Cary, NC 27511

www.waltonwood.com | 919-460-7330

Facebook: /WaltonwoodCaryParkway



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.

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

Cassandra Villapando

Cassandra has been working at Waltonwood Cary for six years now. Prior to starting as a receptionist, she volunteered with programs. Cassandra is currently enrolled at Wake Tech and is pursuing a degree in nursing to later become a neonatal nurse. She has also fostered dogs for about five years and has a twin sister!

Please be sure to congratulate Cassandra when you see her and thank her for all her hard work and dedication.



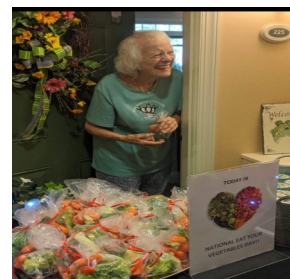
JUNE HIGHLIGHTS

10

Luau Cart

17

Veggie Cart



17

Butterfly Release

22

Longest Day Event



FOREVER FIT/WELLNESS TOPIC/ARTICLE

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 our potential so let those words be kind, confident and powerful!

LIFE ENRICHMENT & FOREVER FIT PROGRAMS

Don't forget about our "Anytime Activity Table"! We have many puzzles, coloring sheets, readings, crafts and more daily! This table is located just outside the Creative Hands room on the second floor.

If there is something you would like to see added to this table, please let Zoe or Sinta know!

JULY SPECIAL EVENTS

04

4th of July Cart

08

S'mores Cart

20

National Ice Cream
Day (Observed)

22

Casino Cart

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 school 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
because of the worst.

LAURA KELLY FANUCCI

EXECUTIVE DIRECTOR CORNER

Looking for encouraging quotes and poems, I've come across this poem and found it very inspiring and wanted to share with all of you. I hope this warms your heart as it did my families. (Please see above)

Executive Director

Brian O'Hara

Waltonwood Cary Parkway

SAFETY FIRST



Face coverings are required
in our community.

Please see the Executive Director
if you need a mask.


WALTONWOOD
Redefining Retirement Living
SPRINT



Celebrating July Birthdays

2— Newton C.
7— Marie J.
8— Tom R.
8— Anton B.
12— Marcella G.
12— Janice Z.
13— Doratha M.
16— Ruth C.
21— Allyne C.
22— Don W.
26— Peter B.
26— Carolyn C.
27— Bob B.
28— Bonnie G.

CHEF'S SIGNATURE RECIPE

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

Thank you for
practicing social
distancing

Protect yourself and others from infection



WALTONWOOD
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SINCE 1988



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!