

SEPTEMBER 2020

CARY PARKWAY CONNECT

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INDEPENDENT LIVING



Redefining Retirement Living®

SINGH

750 SE Cary Parkway, Cary, NC 27511

www.waltonwood.com | 919-460-7330

Facebook: /WaltonwoodCaryParkway



Group programming is back! We are so excited to be able to meet in small groups at this time. We have had such a great turn out so far for many programs, but we want to do more!

In order to get more people involved, we have created sign up sheets for each program. These sign up sheets are located in front of the dining room on a table. There is a clip board for each day of week. All the programs for that day are located on the same clip board in order of time. Please be sure to sign up to guarantee your spot in one of our many awesome programs!

We will also be bringing back our live programs with Eversound! A flyer will be distributed to your door once these programs are scheduled and put in place! We had a great turn out with these pre-COVID, and we are very excited to bring them back this month!

For any questions about programs, please see Zoe or Sinta in the Creative Hands Room.

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

JR Speaks

JR has been with Waltonwood for two and half years working in dining. JR loves working with the residents from each neighborhood and helping to make their time at Waltonwood memorable. JR is 38 years old and has two children. "Putting a smile on their [residents] faces will always make my day better no matter what".



AUGUST HIGHLIGHTS

04

Hallway BINGO

12

Watermelon Cart

18

Veggie Cart

28

Price is Right



FOREVER FIT/WELLNESS TOPIC/ARTICLE

Food is a very powerful thing. It can unite friends and family around the table, fuel an active lifestyle and provide the key nutrients essential to feed a growing body. It's no wonder that the dietary choices we make have a direct impact on our overall health and wellbeing. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improves immune health and can potentially reduce the inflammation associated with arthritis. By limiting the number of packaged, processed foods and maximizing a variety of fruit, vegetables, whole grains, lean proteins and healthy fats you can help ensure your body is getting the necessary nutrient rich fuel it so desperately needs. So the next time you sit down for a meal take a look at your plate because the only thing better than a tasty dish is a powerful plate!

LIFE ENRICHMENT & FOREVER FIT PROGRAMS

A few things to remember:

- Small group programming is back! Please sign up at the table in front of the dining room!
- Please wear your name badge and mask while walking around.
- If you borrow a newspaper or magazine from the library, please return it to the library for others to enjoy. If possible, please do not remove the newspaper or magazines from the library.
- Scenic Ride sign ups are located in the library.

SEPTEMBER SPECIAL EVENTS

07

Wii Bowling League
Begins

11

September 11
Memorial showing

16

Fall Cookie
Decorating

30

Fall Craft with Wine
Corks

Thank you for
practicing social
distancing



EXECUTIVE DIRECTOR CORNER

Welcome to Fall everyone! It's hard for me to believe that the year has gone by so quickly. One of my favorite fall quotes come from Jane Hirshfield and I would love to share with everyone. "The heat of Autumn / is different from the heat of Summer/ One ripens apples and the other turns them to cider."

Let's enjoy our last few weeks of summer and welcome Autumn with open arms. Thank you all for letting us serve you and your family!

Brian O'Hara, Executive Director

Waltonwood Cary Parkway



Celebrating September Birthdays

1— Barbara M.
2— Beverly F.
2— Nelson Z.
6— EC M.
13— Louise Y.
19— David M.
23— Lu M.
24— Mary Jane C.
27— Ferris C.

CHEF'S SIGNATURE RECIPE

Grilled Peaches with Bourbon Brown Butter Sauce

1 Stick Unsalted Butter
1 Peach
1/4 Cup Chopped Walnuts
1/4 Cup Bourbon
1/2 Cup Brown Sugar
Whip Cream

1. In a sauce pan on low heat, melt the butter and stir occasionally until slightly brown.
2. Add Bourbon and Brown Sugar, stir until combined.
3. Slice the peach in half, remove pit and place face down in the sauce pan.
4. Continue to cook on low heat until the peach is golden brown.
5. Add Chopped Walnuts and flip the peaches over, remove from heat.
6. Serve peaches face up with drizzled butter sauce and walnuts.
7. Dollop with whip cream.



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!