



CHEF’S COOKING DEMONSTRATIONS

02

Mobile Happy Hour

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Mobile Happy Hour

Pumpkin Soup Recipe

Ingredients:

4 tablespoons olive oil, divided
One 4-pound pumpkin
1 large yellow onion, chopped
4 large garlic cloves, minced
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
⅛ teaspoon cloves
Black Pepper to taste
4 cups vegetable broth
½ cup heavy cream
2 tablespoons honey

Directions:

Quarter the pumpkin and bake in the oven until soft.
Remove the pumpkin pulp and place to the side
In a soup pot on low heat, Sautee Onion, Garlic, and Clove.
Add Vegetable Broth, seasonings, honey and pumpkin pulp.
Bring to a simmer for 30 minutes.
Using an Immersion Blender, blend the soup until smooth.
Turn heat off and add heavy cream.

~*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!

FRIENDS & FAMILY REFERRAL PROGRAM!

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Mobile Happy Hour – Owl Week Edition

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We'll have special pink treats for Breast Cancer Awareness “Wear It Pink”

CARY PARKWAY CONNECT

OCTOBER 2020



WALTONWOOD: FAMILY

The year is flying by, and we are all continuing to try our best to adapt to the continual changes that 2020 has thrown at us. We have come a long way since the beginning of the pandemic, and we are looking forward to the continued progress we are making. Thank you to everyone for your patience during this trying time. It has been challenging on everyone. We have had to lean on one another, ask for guidance and reassurance, and rely on one another for communication about our loved ones

which is never an easy thing to do. We understand and appreciate the trust you are putting in us here at Waltonwood Cary Parkway, and we want to reassure you that we will continue to do our best to serve and provide the best level of care for your loved ones. Thank you for all that you do, and please continue to reach out if you have any questions or concerns.

~*Your Waltonwood Family*



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COMMUNITY MANAGEMENT

- Brian O'Hara
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- Tina Forsythe
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- Marvin Forry
Environmental Services Manager
- Andy Fetzer
Culinary Services Manager
- Allison Whitaker
MC Life Enrichment Manager
- LaQuita Dunn
AL Life Enrichment Manager
- Mercedes Atkins
Independent Living Manager
- Niya Hooks
Marketing Manager
- Martha Bader
Marketing Manager
- Andi Vogel
MC Wellness Coordinator
- ReRe Artis
AL Wellness Coordinator

ASSOCIATE SPOTLIGHT

Please join us in congratulating Shirley Bunn as our October Associate of the month. Shirley is part of our concierge team, and she always makes an effort to go above and beyond when she’s here at Waltonwood. Shirley is from NY, has three children, and two wonderful grandchildren. She loves shopping, spending time with family and of course, the residents at Waltonwood. Thank you Shirley for all you do! We appreciate you!



SEPTEMBER HIGHLIGHTS

08

The BINGO bucks shopping spree was a hit! We finally spent those hard earned BINGO bucks.

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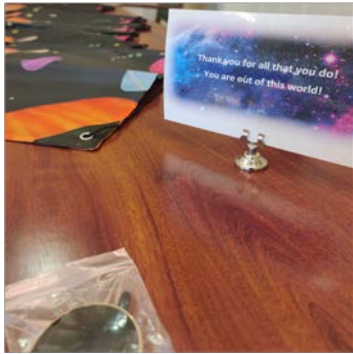
We were crafty and inspired by the new season!

14

We kicked off National AL Week with a bang with a galaxy themed day because everyone is “out of this world!”

29

We enjoyed being pampered and getting our nails painted.



FOREVER FIT: A PURPOSEFUL PLATE

Although strength training and cardiovascular activity are incredibly important at any age, it may be stretching and flexibility exercises that are the most important for seniors. As we age, muscles lose their elasticity becoming more rigid and less flexible. This age-related decline can cause pain, stiffness, and decreased range of motion. Regular stretching can help improve movement and posture, alleviate muscle tension and soreness, reduce the risk of injury and help to maintain overall independence. Below are a few helpful tips to get you stretching for success: 1) Warm up. Whether it’s with a warm shower or a 5 minute walk, be sure to fully loosen your muscles. Stretching a cold muscle can actually cause more harm than good. 2) Start slowly. Even a few simple stretches before you get out of bed can help the way you move the rest of the day. 3) Stretch the muscle to the point of tension, not pain. If the movement becomes painful, ease into a more comfortable position. 4) Do not bounce, rather hold each stretch for 15-30 seconds and repeat, 2-4 more times. This will help to limit injury while still increasing flexibility. 5) Breathe!

Chris Grabowski, MS | Senior ForeverFit

LIFE ENRICHMENT: UPDATES

As many of you are already aware, the outdoor visits are in full swing! Thank you to everyone who has been patient during this time with policies and restrictive guidelines. We are looking forward to the positive direction we are moving toward.

Please continue to reach out to the Life Enrichment Manager, Allison, for outdoor visits, facetimes, and window visit requests. Moving forward with outdoor visits, we will continue to require both parties to wear masks. Family members and loved ones must be 6’ apart from the resident. No physical contact is allowed during the visits. Outdoor visits are up to 30 minutes. Each resident is allowed to have one visit a week with a maximum of two visitors per visit. If there are multiple family members or loved ones who would like to visit a resident, please communicate and plan accordingly. Additionally, we will continue to require visitors to fill out the waiver and have their temperature taken prior to the visit.

Thank you all for your continued patience during this time. We acknowledge this time has been extremely challenging and emotionally taxing on everyone. If you have not received the information for the supportive resources for family and loved ones, please reach out to Allison for more details. We are thankful to Transitions for offering supportive services to loved ones during this time.

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

OCTOBER SPECIAL EVENTS

05

We’re kicking off a week all about owls! We’ll do an owl craft, trivia, and themed happy hour!

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The World Series begins! We’ll test our sports trivia.

26

It’s National Pumpkin Day, so we will be painting mini pumpkins!

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Happy Halloween! We’ll be doing a special spook-tacular mobile happy hour with delicious treats.



Executive Director Corner

Welcome to Fall everyone!

Now that October is upon us, it seems that we can almost smell Fall in the air! Summer may be fun, but when the weather gets cooler and the leaves start falling, we can tell that a change is happening. Autumn is the transition season that leads us from the hot, bright sunny months into the cold, dark nights of winter and all of the fun and tasty treats the end of the year will bring. Stay safe and know that we appreciate you letting us care for your loved ones here at Waltonwood Cary Parkway.

~Brian O’Hara, Executive Director