

# CARY PARKWAY CONNECT

NOVEMBER 2020



## COMMUNITY MANAGEMENT

Brian O'Hara  
Executive Director

Tina Forsythe  
Business Office Manager

Andrew Fetzer  
Culinary Services Manager

Mercedes Atkins  
Independent Living Manager

Sinta Lenahan  
IL Life Enrichment Manager

LaQuita Dunn  
AL Life Enrichment Manager

Allison Whitaker  
MC Life Enrichment Manager

Niya Hooks  
Marketing Manager

Martha Bader  
Marketing Manager

ReRe Artis  
AL Wellness Coordinator

Andi Vogel  
MC Wellness Coordinator

Marvin Forry  
Environmental Services Manager

## CHEF'S SIGNATURE RECIPE

### Old Fashioned Pumpkin Pie

- \* 2 large eggs
- \* 1 egg yolk
- \* 1/2 cup packed dark brown sugar
- \* 1/3 cup white sugar
- \* 1/2 teaspoon salt
- \* 2 teaspoons cinnamon
- \* 1 teaspoon ground ginger
- \* 1/4 teaspoon ground nutmeg
- \* 1/4 teaspoon ground cloves
- \* 1/8 teaspoon ground cardamom
- \* 1/2 teaspoon lemon zest
- \* 2 cups pumpkin pulp purée
- \* 1 1/2 cup heavy cream
- \* 1 Pie Crust (or follow a recipe to make your own)

### Instructions

1. Preheat Oven to 425 degrees
2. Filling: mix eggs, brown sugar, white sugar, zest and spices in a bowl
3. Mix in the pumpkin puree, add heavy cream and stir until smooth
4. Pour filling into pie shell and bake for 10-15 minutes
5. Turn oven down to 350 degrees and bake for an additional 30 minutes
5. Let cool, slice and serve

## \$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!



## November Birthdays

Virginia Henry - 11/3

Don Hoffman - 11/5

Jane Carter - 11/8

Charlotte Young - 11/11

Tony Dingman - 11/12

Bob Wright - 11/13

Doris Manning - 11/23

Adele Mauriello - 11/24

Sallie Young - 11/24

Lucia Scott - 11/25



FRIENDS & FAMILY REFERRAL PROGRAM!

During the season of gratitude, we reflect upon those who have served and those who are currently serving our nation. With grateful hearts, all of us at Waltonwood thank you for your service and sacrifice. Please visit The White Table in the front lobby as we pay tribute to our military.

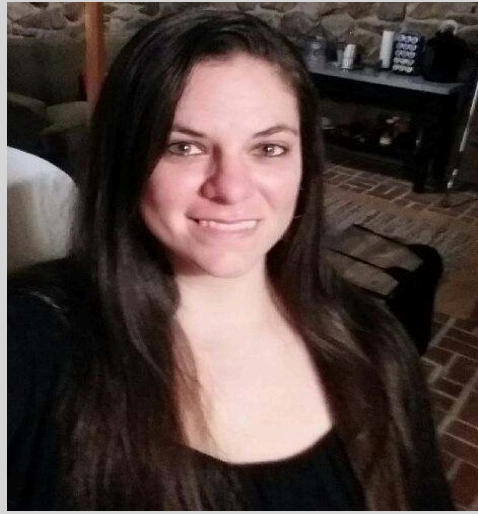
May this season fill you with gratitude, crisp air and plentiful opportunities to make memories.

-Your Waltonwood Family

## Upcoming Event

Let's take a "virtual field trip"! Real-time, live tours of museums, historical sites, national parks, and other destinations. We have added some awesome new programs to the calendar this month, that everyone would enjoy!





### ASSOCIATE SPOTLIGHT Alicia LeRoux

Alicia is our Dining Room Supervisor! She makes the dining experience great for everyone! Alicia is the mother of three children: Zack, Mason, and Kara. She enjoys making dreamcatchers, decorating, organizing, reading, and spending time with her family. Be sure to congratulate Alicia when you see her!

## October Highlights

02

WW State Fair

07

Debate Club

28

Pumpkin Painting

30

Happy Hour  
Halloween Party



## LIFE ENRICHMENT & FOREVER FIT PROGRAMS

### Reminders:

- Please sign up for programs at the table in front of the dining room.
- For the month of November, we will be accepting recycling items on Tuesday the 17<sup>th</sup>.
- 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.

## November Special Events

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**Computer 101: Come learn basic computer skills or gain additional knowledge!**

11

**Vet-to-Vet Coffee & Doughnuts for those who have served our country in honor of Veteran's Day.**



19

**Art Lecture with Jennifer Dasal: She is the curator of modern and contemporary art at the NC Museum of Art.**

26

**Thanksgiving Gratitude Wall. Let us reflect on what we are thankful for.**



## EXECUTIVE DIRECTOR CORNER

Fall is upon us here at Waltonwood Cary. The leaves are changing colors and starting to fall, and the cool evening breeze lets us know that summer has gone. We are starting to plan for the Holidays and even though they will be different this year, we will strive to bring joy to all our residents. Remember to stay updated of all our changes through our Newsletter blast. Don't forget to switch to your winter wardrobe so you can remain toasty warm during this transition. As always, thank you for letting us serve you!

*Brian O'Hara*

### Forever Fit- How do you Feel?

How do you feel today? Seems like a simple enough question but if we're not honest with ourselves sometimes our answers can lead us astray. When we exercise, our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles.

This short-term discomfort consistently done over time is actually what produces long-term positive, health adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore.

These sensations are our bodies way of telling us that it needs time to relax, rest and recover. The next time you exercise, be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.