



CHEF'S COOKING DEMONSTRATIONS

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Mobile Happy Hour

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Mobile Happy Hour

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Mobile Happy Hour

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Mobile Happy Hour

Old Fashioned Pumpkin Pie

Ingredients:

- 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)

Directions:

Preheat Oven to 425 degrees.
 Filling: Mix Eggs, Brown Sugar, White Sugar, Zest and Spices in a bowl. Mix in the pumpkin puree, add heavy cream, and stir until smooth. Pour filling into pie shell and bake for 10-15 minutes. Turn oven down to 350 degrees and bake for an additional 30 minutes. Let cool, slice and serve.

~*Chef Andy Fetzer, Culinary Services Manager*

Happy Birthday!

Please join us in celebrating our November birthdays!

Betty C. 18th

Jane W. 28th



CARY PARKWAY CONNECT

NOVEMBER 2020

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Wellness Coordinator

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WALTONWOOD: FAMILY

This year we are thankful for the health and happiness of our loved ones. We have been blessed at Waltonwood Cary Parkway during these trying times, but we are thankful for the patience, understanding, and love that has allowed us to keep our loved ones safe. We hope to continue to progress in a positive direction, so we can enjoy the time with the ones we care the most for during the holidays.

"I'm glad that I was good today. As good as I was able. I'm glad to be able to be

inside this house and sitting at this table. I'm glad that it's Thanksgiving Day and all the world is merry. And I'm glad I have a fork and the pie is cherry."
 Thank you to everyone reading this because you are the ones who make our Waltonwood Cary Parkway the family that it is.

~*Your Waltonwood Family*



\$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!

ASSOCIATE SPOTLIGHT

Join us in congratulating Ebony Chappell for our November associate of the month. Ebony works in the life enrichment department to ensure that everyone is satisfied with their meal.

Ebony moved here from Tennessee. She's married and has five beautiful children. In her free time, she likes to read, shop, and cook. "I like working at Waltonwood because the residents remind me of my grandparents, and I love spending time with them." Thank you, Ebony, for always going above and beyond for the Waltonwood residents. We appreciate you!



VISITATION: UPDATES

Please make sure you are scheduling your indoor or outdoor visits with the concierge. Only one visit with a maximum of two visitors is allowed per resident per week at this time. Please use the pull string in the restroom in the resident's apartment if you need assistance. Visitors must stay in the resident's apartment for the entirety of the visit. We are not allowing visits to be held in the courtyard, hallway, or any other common areas in memory care at this time.

Please also remember to keep your masks on throughout the duration of the visit and remain 6 feet apart from the resident. These requirements are to maintain our status of no positive COVID cases amongst the residents. We appreciate your understanding and patience and hope to continue to alleviate restrictions as we are able.

Thank you!

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

OCTOBER HIGHLIGHTS

01

We enjoyed our festive fall decorating with several helping hands.

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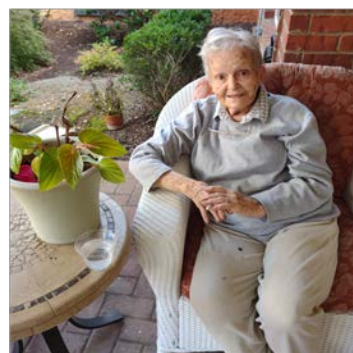
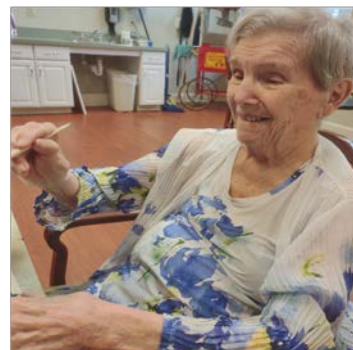
Staying consistent with our fall theme, we painted some pumpkins for our fall crafts.

22

We enjoyed the beautiful weather with some much needed gardening in the courtyard.

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Happy Halloween! We celebrated with some tasty treats!



NOVEMBER SPECIAL EVENTS

03

It's time to spend those BINGO bucks again! We'll have our shopping spree Tuesday afternoon.

09

It's National Recycling Week, so we'll be "up-cycling" materials to make some beautiful arts & crafts.

11

We will have a special pinning in honor of Veteran's Day.

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Happy Thanksgiving! We will have our special turkey dinner with all the dressings!



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

Executive Director Corner

Welcome to Fall everyone!

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 it will be different this year, we strive to bring joy to all our residents. Remember to stay updated of all our changes through our Newsletter blast. Please think about taking time during a visit or two to change out your loved ones clothes so they can remain toasty warm during this transition. As always, thank you for letting us serve your loved ones.

~Brian O'Hara, Executive Director