



Grilled Peaches with Bourbon Brown Butter Sauce

Ingredients:

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

In a sauce pan on low heat, melt the butter and stir occasionally until slightly brown. Add Bourbon and Brown Sugar, stir until combined. Slice the peach in half, remove pit and place face down in the sauce pan. Continue to cook on low heat until the peach is golden brown. Add Chopped Walnuts and flip the peaches over, remove from heat.

Serve peaches face up with drizzled butter sauce and walnuts. Dollop with whip cream.

Andy Fetzer | Culinary Services Director

NOVEMBER Happy Birthday

Merle F. 3rd



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!

CARY PARKWAY CONNECT

NOVEMBER 2020

ASSISTED LIVING



“Thankfulness....

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



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COMMUNITY MANAGEMENT

- Brian O'Hara
Executive Director
- Andrew Fetzer
Culinary Services Manager
- LaQuita Dunn
AL Life Enrichment Manager
- Allison Whitaker
MC Life Enrichment Manager
- Zoe Taylor
IL Life Enrichment Manager
- Mercedes Richards
Independent Living Manager
- Niya Hooks
Marketing Manager
- Martha Bader
Marketing Manager
- Dottie Wallin
Resident Care Manager
- ReRe Artis
AL Wellness Coordinator
- Andi Vogel
MC Wellness Coordinator
- Marvin Forry
Environmental Services Manager
- Tina Forsythe
Business Office Manager

ASSOCIATE SPOTLIGHT

Join us in congratulating Ebony Chappell for our November associate of the month. Ebony works in the Life Enrichment department and enjoys engaging the residents. 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!



FOREVER FIT CORNER: A Purposeful Plate

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!

Chris Grabowski, MS | Senior Forever Fit

UPDATE....

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 **Assisted Living** 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!

~LaQuita Dunn, AL Life Enrichment Manager Laquita.Dunn@singhmail.com

NOVEMBER SPECIAL EVENTS

11

Happy Veteran's Day!! Join us as we celebrate our veterans with a special treats cart and pinning.

13

BINGO AUCTION DAY!! Get ready for some holiday shopping!

26

HAPPY THANSGLIVING!!

30

Holiday painting kick off! Join us as we start our holidays colors themed painting!



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 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 one

~Brian O'Hara, Executive Director