



January Birthdays

Gloria Glover - 1/1

Flavia Sorbo - 1/1

Lee Odell - 1/2

Robert Schenck - 1/2

Roy Bloomer- 1/5

Dorothy Ebert- 1/5

Peggy West -1/12

Mary Moore - 1/16

Kathleen Acherman - 1/17

Yvonne Jezioranski - 1/25

CHEF'S SIGNATURE RECIPE

CREAMY SHREDDED CHICKEN STUFFED PEPPERS

1 Bell Pepper, cut in half with stem on

2 oz cream cheese

¼ cup sour cream

1 cup shredded chicken

3 oz fresh spinach

½ cup Shredded Cheddar Cheese

1 Scallion, chopped

Paprika to taste/color

Kosher salt

Black Pepper

INSTRUCTIONS

1. Place peppers open side up on a pan.
2. In a bowl, mix cream cheese, sour cream, spinach, chicken, scallion and spices.
3. Top with cheddar cheese and foil. Try to keep the foil from touching the cheese. Bake for about 30 minutes or until peppers are soft.

CARY PARKWAY CONNECT

JANUARY 2021



It's a New Year. Hurray! Hurray!

The old year's passed and gone away. We raise our glasses to make a toast. The Now and Present is what means the most. While our new normal will be slow to reload, we are optimistic for what it will hold.

This New Year will still hold many of the challenges we have overcome this past year. I'm hopeful that we will see some of our programs return as the vaccine is widely available to all. Please stay strong and know we are here for you. We have many great activities and projects planned for you. Now is the time to join in. I challenge you all to join at least one Live Stream presentation this year. If you already have done that, invite a friend to join one with you. Also consider trying one of our take-home activities or even join our YouTube exercise classes. I wish you "All" Happiness, Health and Hope for this New Year.



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AL Life Enrichment Manager

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MC Life Enrichment Manager

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Marketing Manager

Martha Bader
Marketing Manager

Korrin Kreiser
AL Wellness Coordinator

Nadia Awah
MC Wellness Coordinator

Marvin Forry
Environmental Services Manager

\$3,500 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

Sara Hoummad

Sara is the Houskeeping Supervisor. Sara’s originally from Morocco, she moved to the States in 2016. She enjoys hiking, camping, and working out. She also so speaks Arabic, French, and Spanch.

Be sure to congratulate Sara and thank her for all she does!



December Highlights

02

Gifting Tree
Decorating

14

Holiday Card Making

23

Secret Santa Note
Exchange

24

Christmas Party



EXECUTIVE DIRECTOR CORNER

As I look back over this year I find many things undone as life has in several ways changed forever during 2020. Here at Waltonwood Cary we have continued to motivate and encourage residents to continue with their goals of happiness, health and the love for life.

My team and I feel very fortunate to be able to care for your loved ones and we look forward to a more encouraging 2021 as we turn this page in the coming days. I thank you all for the well wishes and look forward to a promising year.

Some may know that I sometimes throw out favorite quotes from authors and this quote below is a great one to share for this upcoming year that has inspired me these last few days. I hope it finds you inspired as well.

“In the New Year, never forget to thank to your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future!”
— Mehmet Murat ildan

LIFE ENRICHMENT & FOREVER FIT PROGRAMS

- Reminders:
- Please sign up for programs at the table in front of the dining room.
 - For the month of January, we will be accepting recycling items on Wednesday the 6th.
 - 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.

January Special Events

7

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

15

National Strawberry Day: Enjoy fresh strawberries delivered to your room.



19

National Popcorn Day: Drop by Creative Hands Room anytime for buttery snack to help us celebrate!

29

Fabulous 40s themed happy hour cart!



Moving Forward

Finally! January is here, 2020 is over and 2021 has arrived ready to offer a new sense of hope. Last year was tough, maybe even the hardest year of our lives. We lost so many traditions, milestones and celebrations to a circumstance far beyond our control. It would be so easy to look back and dwell on what could have been wondering what if? While you have every right to reflect on the past twelve months, I encourage you to shift your hopes to the next twelve to come. Take this opportunity to the embrace the progress we’ve made and know this progress puts us one step closer to the way things used to be. There’s no doubt the road ahead will still be bumpy but step into the new year with the hope and conviction that 2021 will truly be a healthy, happy new year!

“It’s amazing how a little tomorrow can make up for a whole lot of yesterday.”

John Guare