

CARY PARKWAY CONNECT

APRIL 2021

HAPPY HOUR SOCIAL

02

Fresh Fruit

09

Veggie Tray

16

Strawberries & Blueberries

23

Yogurt Parfaits

COMMUNITY MANAGEMENT

Randy Lemaster
Executive Director

Tina Forsythe
Business Office Manager

Eric Genter
Environmental Services
Manager

Andy Fetzer
Culinary Services Manager

Kaitlyn Duffy
MC Life Enrichment Manager

LaQuita Dunn
AL Life Enrichment Manager

Sinta Lenahan
IL Life Enrichment Manager

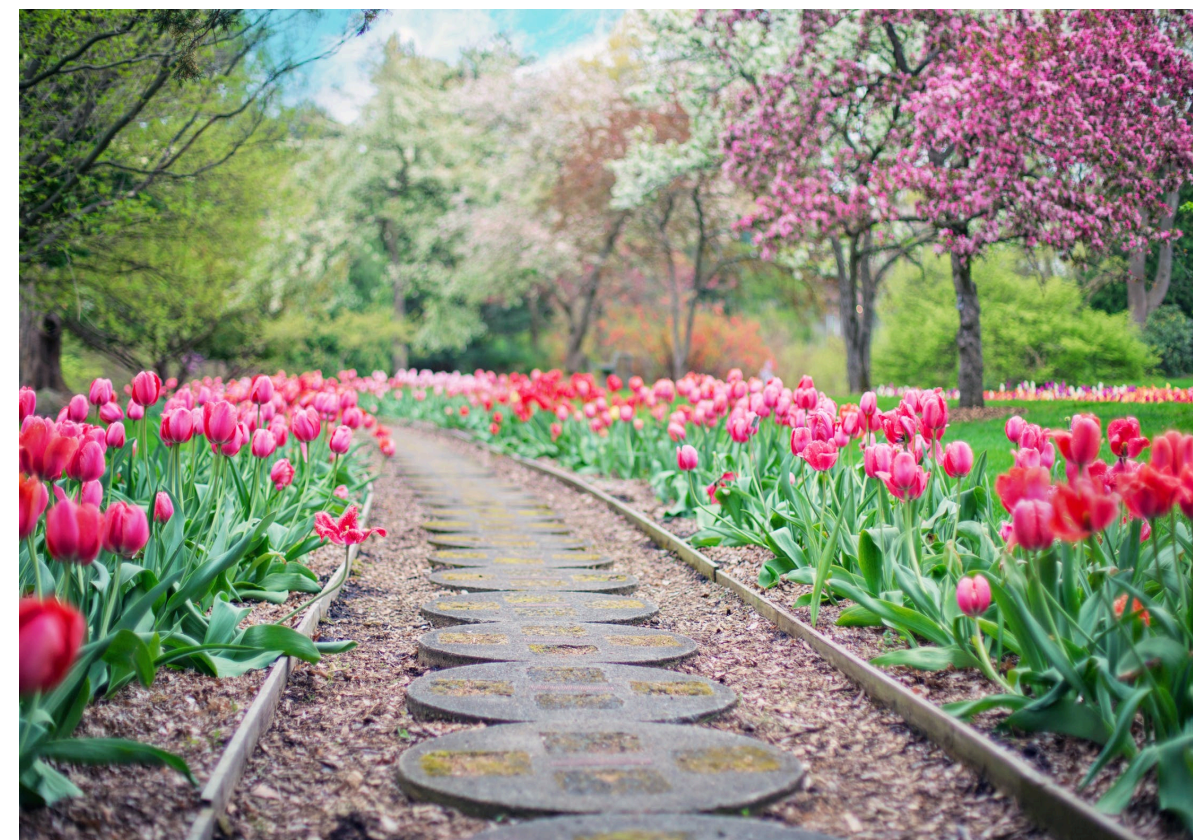
Mercedes Atkins
Independent Living Manager

Niya Hooks
Marketing Manager

Martha Bader
Marketing Manager

Nadia Awah
Resident Care Manager

ReRe Artis
Special Care Coordinator



WALTONWOOD UPDATES

Happy Spring! We want to thank all of our families, friends, and loved ones for supporting the associates and residents here as we slowly open back up.

As always, reach out if you have any questions or concerns. Thank you for making our Waltonwood family so special!

~Your Waltonwood Family

Because the saying is, "April showers bring May Flowers," we anticipate many rainy days to come in the month of April, knowing that we will soon enjoy the colorful greenery of North Carolina. We look forward to all the beautiful additions to our courtyards this spring.



Happy Birthday!

This month we're celebrating several April birthdays including:

Zelda Cohen
April, 17th

Lincoln Scott
April, 28th

Quinoa Stuffed Peppers

Ingredients:

- 6 Multi-colored bell peppers
- 1 c. Quinoa
- 4 Garlic cloves
- 3 Medium shallots
- ¼ c. plus 1 tbsp chopped parsley
- ¾ c. chopped southern grove shelled pistachios
- 2 tbsp extra virgin olive oil
- ¼ tsp paprika
- 1 tsp dried oregano
- 2 tbsp lemon juice plus zest from ½ lemon
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ c. feta cheese crumbles (optional)

Directions:

Preheat oven to 425 °F.
Wash the peppers. Cut and half them. Remove stems and seeds. Line baking sheet with parchment paper and place peppers on top. Bake 15 minutes. Flip peppers and cook for another 15 minutes.
Meanwhile, cook quinoa according to instructions on package. Bring quinoa to a boil with 2 c. water then reduce heat to low. Simmer 17-20 minutes.
Mince garlic, shallots, and parsley. Add ingredients with 2 tbsp oil, saute 1-2 minutes. Stir in quinoa, chopped pistachios, and other ingredients. Fill pepper halves and enjoy!

~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!



ASSOCIATE SPOTLIGHT

Peggy Boothe is our April Associate of the Month! Peggy is a valued part of our concierge team! Peggy has been a part of our Family since December 2013. Originally from Jacksonville, Florida Peggy worked as a Banking Associate. After moving to Cary, she switched careers to pursue becoming a Veterinarian. After attending a Life Enrichment course for Seniors, Peggy decided to stay and become a part of the Waltonwood family. As a side Hobby she enjoys helping the residents with their Notary needs. The Residents know if there is a problem, they can always come to her! When she is not working, she enjoys playing the Piano, while her dog Danielle sings to the Wedding Song.

Fun Fact: She jumped out of a perfectly good airplane!

Thank you Peggy for all you do! You really are an asset to our Waltonwood team.



SPRING HAS SPRUNG

Happy April!

We are so excited for this beautiful spring weather. We will be setting up our courtyards with flowers, herbs, and vegetables with the help of our residents this month!

We will also be working on our shadow boxes in memory care! We are asking families to send any photos of their resident and loved ones that they would like to be included! We would greatly appreciate any photos!

~Kaitlyn Duffy, LRT/CTRS, MC Life Enrichment Manager

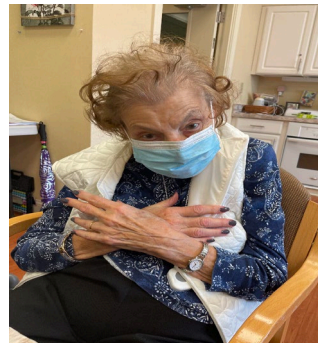
MARCH HIGHLIGHTS

11

We had a nail spa afternoon including pampering and colorful nail polish.

17

Saint Patrick's Day was fun for everyone with trivia and festive treats.



19

We had our Bingo Bucks Store for residents!

30

We celebrated National Virtual Vacation day by going to Hawaii and having Margaritas and Fresh Fruit!



APRIL SPECIAL EVENTS

02

For those who love music, we will be having a virtual music performance courtesy of Eversound Live Programs.

19

We'll be spending our hard earned bingo bucks at our Bingo Store!

07

We will have weekly flower arrangements on Wednesday to decorate our Dining Room tables!

26

Gardening group continues! Every Monday at 1 PM we'll use our green thumbs to work in the dirt.



FOREVER FIT: A SUNNY SPRING

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step out side and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

Chris Grabowski, MS | Senior Forever Fit

Executive Director Corner

Residents and friends,
Spring has sprung! As we welcome a new season, we will also be welcoming new leaders this month to Waltonwood Cary Parkway. Eric Genter will be joining our team as the new environmental services manager. In addition to Eric's arrival, Jeff Sylvester will be joining our team at the end of April as our new executive director. Please be on the lookout for further information about our new department leaders in the new future.

As a reminder, please continue to wash your hands frequently, wear your mask and social distance when possible. Have a great spring!

Randy Lemaster