



## April Birthdays

Lynn Green - 4/1

David Allen - 4/2

Irene Kozik - 4/2

Charles Guyton - 4/3

Janet Knott - 4/5

Ursula Conti - 4/8

Joyce Jacob - 4/12

Charlotte Unterman - 4/14

Bill Jacob - 4/15

John Popovich - 4/20

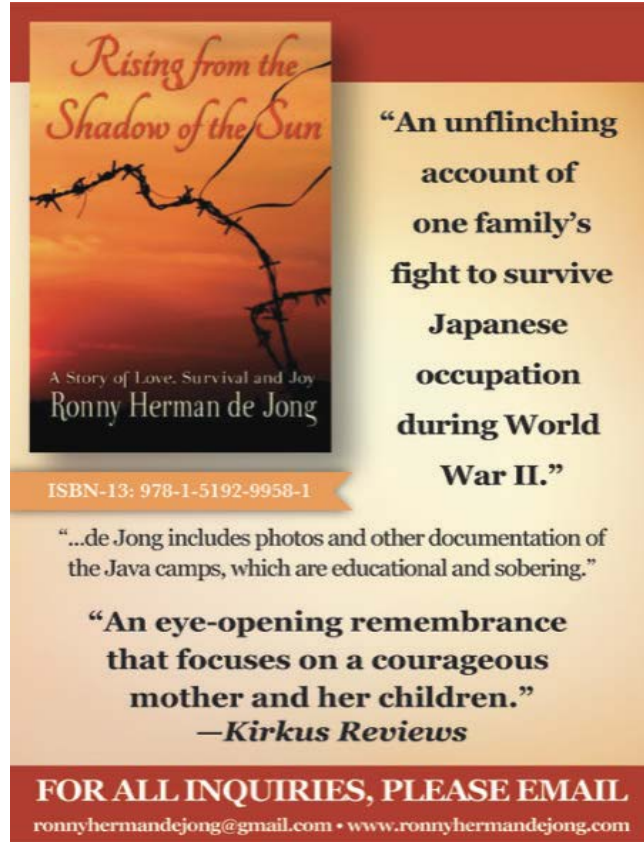
Laura Rice - 4/24

Len Dileo. - 4/26

Robert Taylor - 4/28

Lillian Luftig - 4/30

Shirley Hutchings - 4/30



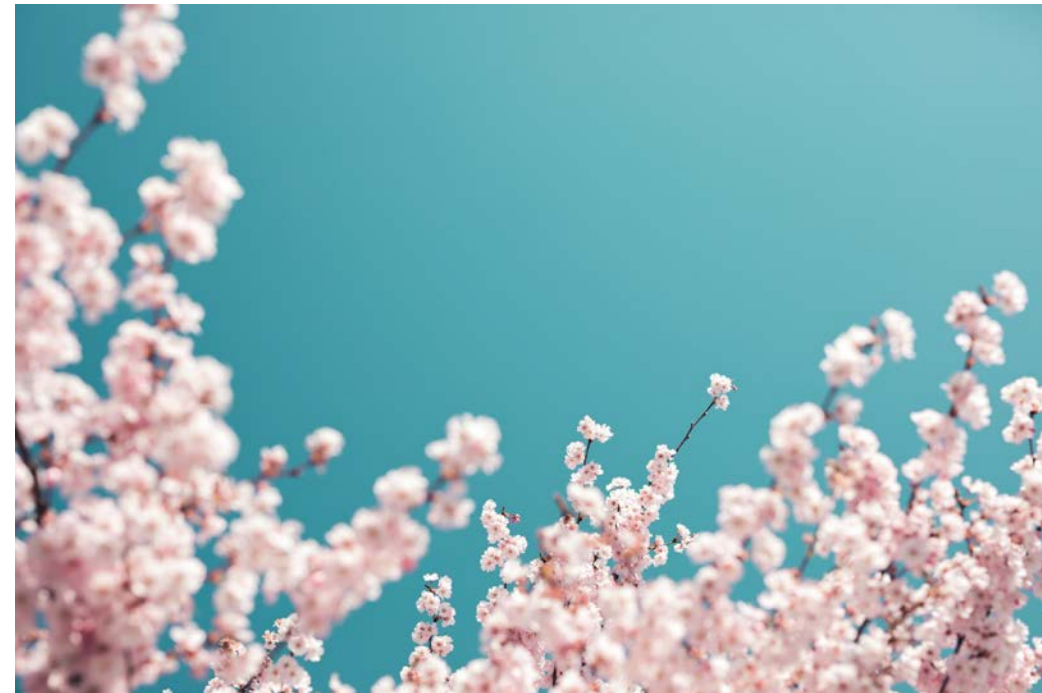
## RISING FROM THE SHADOW OF THE SUN

A STORY OF LOVE, SURVIVAL AND JOY

BY RONNY HERMAN DE JONG

# CARY PARKWAY CONNECT

INDEPENDENT LIVING  
APRIL 2021



Spring is upon us! The weather is warmer and the days are getting longer. In April, we begin to revive our outdoor areas. The fountains will be turned on. The exterior and courtyard areas will be landscaped. The trees, shrubs and plants will begin to blossom. This spring, make an effort to get outside to enjoy our beautiful property.

Our Waltonwood community is growing! You may have noticed that we have had some new additions to our house. We are so happy to extend a very warm welcome to;

- |                      |                             |
|----------------------|-----------------------------|
| • Janet Knott        | • Gary & Elsie McAvoy       |
| • Grace Wight        | • Vivian & Sophia Denholm   |
| • Maria Rosa Elliott | • Jeri Peterson             |
| • Peggy Powers       | • Carl & Charlotte Unterman |
| • Nancy Wallace      | • Carole Cox                |

We all hope that they will feel very much at home and we look forward to spending time together to know each of them!

Just a reminder: On April 15th we will have our New Resident Social; this would be a great opportunity to meet them all.



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## COMMUNITY MANAGEMENT

Jeff Sylvester  
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

Kaitlyn Duffy  
MC Life Enrichment Manager

Niya Hooks  
Marketing Manager

Martha Bader  
Marketing Manager

Korrin Kreiser  
AL Wellness Coordinator

Nadia Awah  
MC Wellness Coordinator

Eric Genter  
Environmental Services Manager

ReRe Artis  
Special Care Coordinator



## \$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!





**IL ASSOCIATE OF THE MONTH**

Mary has worked at Waltonwood for 9 years. She is a native Californian has 3 children, and 4 grandchildren. She loves being WW’s driver, and loves her residents almost as much as the San Francisco forty-niners!!!

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

March Highlights

- 02

National “Read Across America” Day! We read to children in a local school via Zoom.
- 11

New Resident Social: We welcomed our newest residents into the community.
- 17

St. Patrick’s Day: Waltonwood Pub Crawl.
- 30

We celebrated National “Virtual Vacation” Day.



Celebrated National “Virtual Vacation” Day: Mary, Curt, Becky, and Victoria



**AL/MC 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 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.

Resident Ambassador Spotlight

Moving to a new place can be a huge adjustment, and it always helps to have familiar faces nearby to make the transition easier. Our Resident Ambassador program is designed to provide welcoming support to new residents before, during, and after their move to our community.

Resident Ambassadors have many roles, including welcoming new residents and families, helping orient them to the community, inviting them to participate in events they might enjoy, communicating issues with our team, and much more.

Thanks Janet Wright, Lucia Scott, Janice Zwaanstra, Leslie Grimes, and Dick & Joan Wolstenholme for being stellar Resident Ambassadors. Thanks for making new residents feel welcome as you show them the ropes!

April Special Events

- 07

National Walking Day: Join us for Waltonwood Walk-a-thon around the community.
- 16

Afternoon Outing: JC Raulston Arboretum.
- 22

Rummikub Tournament in the Café.
- 28

April Birthday Dinners.



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!