



TRANSPORTATION

Celebrating Resident Birthdays in May

- Ernest H. 5/15
Barbara S. 5/16
Sheldon W. 5/19

We are excited to announce our transportation offerings are continuing to expand! Waltonwood Cary Parkway is now offering transportation to outings for Assisted Living and Memory Care!
We are so excited to be able to take the residents out to lunch again. This month we will be going to Goodberry's Ice Cream and lunch! We will be socially distancing residents and utilizing outdoor seating.



\$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!

CARY PARKWAY CONNECT



MAY 2021

750 SE Cary Parkway Cary, NC 27511
www.waltonwood.com | 919-460-7330
Facebook: /WaltonwoodCaryParkway



WALTONWOOD: SPRING HAS SPRUNG

May is here and sprung!

This month, we will also be welcoming new members to our management team! Jeff Sylvester, our new Executive Director. Eric Genter, our Environmental Services Manager. And Nick Long, our Marketing Manager have joined the Waltonwood family!

As a reminder we continue to focus on maintaining a safe environment for our residents, associates and visitors. Please continue to properly social distance, wash your hands and wear face coverings within the community.

COMMUNITY MANAGEMENT

- Jeff Sylvester
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
Nick Long
Marketing Manager
Nadia Awah
Resident Care Manager
ReRe Artis
Special Care Coordinator
Korin Kreiser
AL Wellness Coordinator



# ASSOCIATE SPOTLIGHT

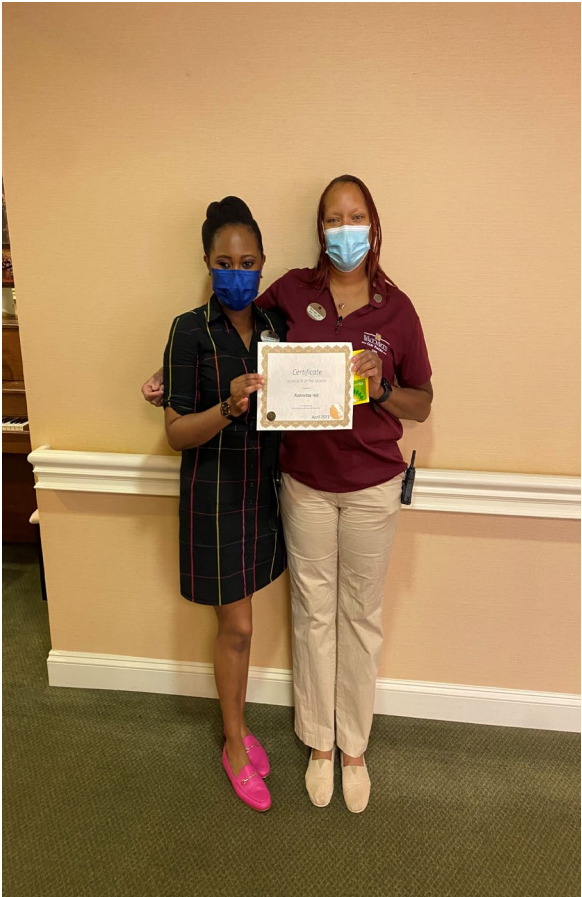
## Assisted Living Associate of the Month: Ronnetta Hill, Care Staff

Ronnetta Hill is our May Associate of the Month! Ronnetta is a valued part of our resident care team. Ronnetta has been apart of the Waltonwood family for over 9 years! Ronnetta is originally from Oklahoma! When she’s not working with our residents Ronnetta loves to dance, sing, and spend time with family and Chance her dog!

Ronnetta is always willing to lend a helping hand for our residents. Our residents appreciate Ronnetta’s enthusiasm and dedication. Thank you Ronnetta for all you do! You really are an asset to our Waltonwood team.

THANK YOU RONNETTA!

*Please see the front desk concierge to nominate an associate you feel has been doing a wonderful job!*



# LIFE ENRICHMENT

May is full of opportunities to enjoy life at Waltonwood Cary Parkway! We have many exciting upcoming events this month.

- **May 1<sup>st</sup> at 2:30 pm** We will be decorating our Kentucky Derby Hats and we’ll be ready to wear them when we watch the race.
- **May 5<sup>th</sup> at 1:30 pm** We will be celebrating Cinco De Mayo with a fiesta filled with games & chips.
- **May 7<sup>th</sup> at 1:30 pm** We will be celebrating Mother’s Day with Paint & Sip in Assisted Living and a Tea Party in Memory Care!
- **May 30<sup>th</sup> at 1:30 pm** We will be celebrating Memorial Day with a Carnival Day Theme filled with trivia, crafts, and carnival games.

**Kaitlyn Duffy, LRT/CTRS, Life Enrichment Manager – Memory Care**

# APRIL HIGHLIGHTS

07

The residents enjoyed playing our new game Noodle Ball

12

We enjoyed the beautiful spring weather with some volleyball in our courtyard



14

Our residents have been hard at work, planting vegetables and flowers in our courtyards

20

We celebrated National Volunteer Week with a Volunteer Luncheon for our residents who help our community



# FOREVER FIT: MARK YOUR CALENDAR

For the past 28 years the final Wednesday of May marks *National Senior Health and Fitness Day*. This annual event works to promote the importance of regular physical activity and exercise while highlighting the many health and fitness opportunities within your community. From fitness assessments to exercise classes and blood pressure screenings to informative talks on key health issues facing seniors, *National Senior Health and Fitness Day* is the perfect catalyst to refresh or jumpstart your fitness routine. Being active is essential at any age and it’s never too late to try something new. By adding as little as 30-minutes of daily exercise you can dramatically improve the way to move and feel plus stave off chronic health conditions like heart disease and diabetes. So, mark your calendars, and on Wednesday May 26<sup>th</sup> join with more than 100,000 other seniors across the country as we come together to celebrate *National Senior Health and Fitness Day*.

**Chris Grabowski, MS | Senior Forever Fit**



# EXECUTIVE DIRECTOR CORNER

I’d like to wish a warm greeting to all of the resident’s and family members here at Waltonwood of Cary Parkway.

My name is Jeff Sylvester, and I very happy to say that I am the Executive Director of this lovely community! As the new kid on the block I have a lot to learn and a lot of faces to get to know as I begin my new adventure with each of you. I look forward to spending the next few weeks meeting and getting to know everyone. I look forward to adding my experience and support to an already outstanding Life Enrichment program.

Wishing you all the very best!

Jeff Sylvester