

CARY PARKWAY CONNECT

JUNE 2021

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SUMMER HAS ARRIVED

We're so excited for all the wonderful things we have in the works at our community as summer begins to set in. Longer and warmer days means more daylight hours for fun, more time outdoors, and hopefully more time with family and friends as well. Of course, we are still diligently working to ensure the safety of our residents as we plan and organize social events and activities, and we appreciate everyone for doing their part to stay safe and keep others safe in the process. Our team has some exciting things planned for the month of June, and we can't wait to celebrate Father's Day, the first day of summer, and many other summer days together as a community. Bring on the summer sun!

OUTING SCHEDULE

- June 4th: Hamricks Retail
- June 9th: Lunch Outing: Olive Garden
- June 11th: Art in Bloom
- June 16th: Dinner Outing: Carolina Ale House
- June 18th: Picnic at Bass Lake Park
- June 25th: Kohl's

LIVE MUSIC SCHEDULE

- June 3rd: Luke Lowe
- June 10th: Ally Davis
- June 17th: Old School Band



\$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 Renee for details!

FRIENDS & FAMILY REFERRAL PROGRAM!

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
- Shantel Carr
AL Life Enrichment Manager
- Kaitlyn Duffy
MC Life Enrichment Manager
- Niya Hooks
Marketing Manager
- Nick Long
Marketing Manager
- Korrin Kreiser
AL Wellness Coordinator
- Nadia Awah
MC Wellness Coordinator
- Eric Genter
Environmental Services Manager
- ReRe Artis
Special Care Coordinator

ASSOCIATE SPOTLIGHT

Independent Living Associate of the Month:
Krystal Morrison, Server

Krystal has worked at Waltonwood for a year, She has 2 kids, and is originally from New Hampshire. She loves going to the beach, hiking, kayaking, and anything outdoors.

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

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



LIFE ENRICHMENT CONNECT

- **Devotions-** Tuesdays at 11:00 pm
- **Floor Social Mixer-** Tuesdays at 1:00 pm
- **Ladies Afternoon Tea Time-** Wednesdays & Saturdays at 2:00 pm
- **Catholic Service-** The first Wednesday of the month, June 2nd at 10:00am
- **Crafts & Cake: Glass Beading-** Thursdays at 1:00 pm
- **Paint & Dip-** Thursdays at 2:00 pm
- **Crafts & Cake: Paper Beading-** Fridays at 2:00pm
- **Resident Council Meeting –** June 7th at 1:00 pm in the Café
- **Transportation to Churches-** Sundays at 12:00pm
- **40s, 50s, 60s Music-** Saturdays at 1:30 pm



SAFETY FIRST



Face coverings are required
in our community.

Please see the Executive Director
if you need a mask.



FOREVER FIT: Beat the Heat

As the temperatures start to rise staying hydrated plays a vital role in maintaining our health and wellness throughout the summer months. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. By making just a few small changes to our daily routine you can greatly improve our chances to stay healthy and fit in the months to come. Keep these simple tips in mind as you enjoy the warm weather ahead.

- Making sure there's always fluids nearby to drink throughout the day. By the time you feel thirsty is usually too late, drinking small amounts regularly will help to ensure sustained balanced hydration.
- Water does have to be your only source of fluids. Fruits and vegetables like watermelon and cucumbers also offer a healthy dose of hydration.
- As heat and humidity rise avoiding strenuous outdoor activities during the peak hours of the afternoon. By dressing properly for the elements and finding shaded areas to provide an extra level of protection you can help minimize the unwanted effects from the heat of the sun.

EXECUTIVE DIRECTOR CORNER

Hello to all residents, families and friends,

Summer is upon us (I know, I can't believe it either) and the weather is warming up! This summer will be a special time as we begin to open back up after the long slow march of lock down requirements. As we begin to get back to public activity, I would like to encourage everyone to bring both their enthusiasm as well as continued diligence to personal and public safety. Hand washing never goes out of style we want to make good public hygiene a normal part of our ongoing interactions with each other. After all, we are all about good CLEAN fun.

I also want to thank each and every one of you for the warm welcome I have received over the first days of my tenure at Waltonwood Cary Parkway. It has been a great experience and I know it will only get better.

Have a great June!

Jeff Sylvester