



**Celebrating
Resident Birthdays
in June**

Marie J.	6/6
Judy S.	6/9
Nancy B.	6/10

TRANSPORTATION

AL Outing Schedule

- Monday June 7th
- 11:00am Marla Dorrel Park
 - 2:00pm Petsmart
- Monday June 14th
- 11:30am Bad Daddy’s Burger Bar
- Monday June 21st
- 11:00am Buffalo Brothers
 - 2:00pm Cary Mall Kiddie Playground
- Monday June 28th
- 11:00am Chick Fil A
 - 2:00pm Annelore’s German Bakery

MC Outing Schedule

- Wednesday June 2nd
- 10:30am Bass Lake Park
- Wednesday June 16th
- 1:30pm Goodberry’s Ice Cream



\$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!

**CARY PARKWAY
CONNECT**

JUNE 2021



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



WELCOME TO WALTONWOOD

Baking Fun, Ice Cream Tasting, Picnic Social & Father’s Day!

June is full of opportunities to enjoy life at Waltonwood Cary Parkway!

We continue to focus on maintaining a safe environment for our residents, associates and visitors. As a reminder, please continue to properly social distance, wash your hands and wear face coverings within the community. We are now able to have weekly outings and the bus capcity is back to 100%.

Visitors are welcome! As a precaution, we ask that visitors do not visit in the common areas.

This month, we will also be welcoming Shantel our Assisted Living Life Enrichment Manager, to the Waltonwood family.

**COMMUNITY
MANAGEMENT**

- Jeff Sylvester
Executive Director
- Tina Forsythe
Business Office Manager
- Eric Genther
Environmental Services Manager
- Andy Fetzer
Culinary Services Manager
- Kaitlyn Duffy
MC Life Enrichment Manager
- Shantel Carr
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
- Korrin Kreiser
AL Wellness Coordinator

ASSOCIATE SPOTLIGHT

Ebony Chappell is our June Associate of the Month! Ebony is a valued part of our Life Enrichment team. Ebony has been apart of the Waltonwood family for over 3 years! Ebony is originally from Tennessee. When she's not calling bingo for our residents Ebony loves to read, shop, cook, and spend time with her five children.

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



LIFE ENRICHMENT

This month, we will also be welcoming Shantel our new Assisted Living Life Enrichment Manager, to the Waltonwood family!

Shantel is a East Carolina graduate (Go Pirates!). She has her bachelor's degree in Recreation Therapy. And before joining the Waltonwood Family, Shantel was a Life Enrichment Manager for a Nursing Home in Raleigh for over 3 years. We're so excited to welcome Shantel to Waltonwood!



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.

– Chris, Senior Fitness Instructor



EXECUTIVE DIRECTOR CORNER

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 has 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.

Jeff Sylvester

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