



COMMUNITY COMMUNICATION

RESIDENT BIRTHDAYS

Elizabeth L. 10/28

We have many things to look forward to in the month of October!

Active Aging Week Monday October 4th through Saturday October 9th. There will be trips focused on healthy eating and walking. We have badminton, volleyball and basketball tournaments planned. Legacy Therapy services will bring us fitness tests and smoothies to boot! Our hand-eye coordination must be in tip top shape to “fish” for prizes. And we wrap it up with walking with our adored pets.

Oktoberfest on Tuesday October 12th will be educational, tasty and an all around good time with residents sharing German stories, songs and words. Followed by Beer Tasting (Alcoholic and Non-Alcoholic), and food tasting of popular German staples. We then end the evening with traditional, yet funny Oktoberfest games like yodeling contest and stein holding contest.

October ends with weeklong Halloween/Fall-focused programs that are sure to leave the residents amazed, from Pumpkin bowling to fall wreath making and all things in between.

Waltonwood will continue with putting safety precautions in place and encouraging hand washing, along with facial mask wearing.



\$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

OCTOBER 2021



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



LEAVES ARE FALLING, AUTUMN IS CALLING

Autumn days are here again and they are just as beautiful as ever. We ended the summer with a bang that we call Assisted Living Week. We honored our residents and staff alike with a focus on community and caring.

October brings another big week, Active Aging week. Along with Oktoberfest and Halloween! Please check the Community Communication section of this newsletter for further details.

September brought us new staff and a new Resident Care Manager, Juanita McArtan. She is knowledgeable and ready to uphold Waltonwood’s standards. Nadia Awah, previous Resident Care Manager, has become the Associate Executive Director. We congratulate both of these ladies for the their newfound roles.

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

Kathy Burroughs
IL Life Enrichment Manager

Mercedes Atkins
Independent Living Manager

Niya Hooks
Marketing Manager

Nick Long
Marketing Manager

Nadia Awah
Associate Executive Director

Juanita McArtan
Resident Care Manager

ReRe Artis
Special Care Coordinator

Korin Kreiser
AL Wellness Coordinator

ASSOCIATE SPOTLIGHT

ROMEO HAS BEEN WITH WALTONWOOD FOR MANY YEARS AND TAKES PRIDE IN THE FOOD HE PREPARES EACH DAY. HIS DEDICATION AND ENTHUSIASM TO PERFORMING ABOVE THE STANDARD INFLUENCES HIS TEAMMATES. IN HIS SPARE TIME, ROMEO LOVES TO WORK ON LANDSCAPING AT HIS RESIDENCE AND PAINTING CONTRACTS IN THE NEIGHBORHOOD.



TRANSPORTATION INFORMATION

The wheels on the bus kept spinning in September with all of the planned outings. We went to Marla Dorrel Park to see kids climb the dragon, and were transported to NY when we ate at the Original NY Pizza for National Pepperoni Pizza Day. We had icecream that made us consider purchasing a pasture because Howling Cow’s icecream was so creamy and the farm scene was so serene. We were able to fall in love with Ireland when we seen the artwork and tasted the food at Doherty’s Irish Pub. Finally, we were treated with so much love at the Tibetan Himalayan Gift shop where they played singing bowls and danced for us. Where will the bus take us next?!

Upcoming planned trips:

- Core Life Eatery & Historic Oak View County Park
- Rocket Fizz Candy/Soda Shop & Woodworking Shop
- State Fair!
- Scenic Ride to see Fall Décor & Kilwin’s Choc. Shop



SEPTEMBER HIGHLIGHTS

15

Grandpa Jamboree Event
Relived glory days with tales of classic cars and operated RC cars.

16

Sip and Paint Event
Had an instructor to show us the ropes using pour paint technique.

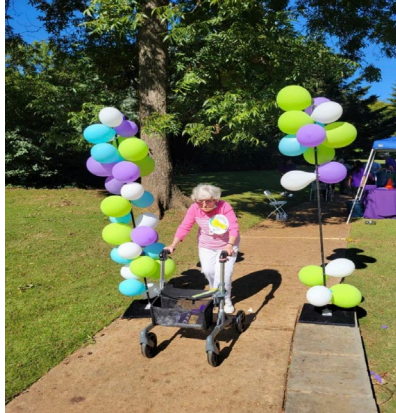


17

AL Week Celebration
We had a DJ, food, fun and did I mention silk acrobats?!

26

Walk to De-FEET Dementia
We conquered the half mile trail, and honored those who battle with Alzheimer’s daily.



OCTOBER SPECIAL EVENTS

5

Fitness Tests with Legacy
We’ll have smoothies and fun health talks.

8

Pet Parade
Hand out doggie treats and watch the animals strut their stuff

12

Oktoberfest
Cheers to all things German!

28

Magic Show!
The Great Blindini will wow us with his tricks!



FOREVER FIT

Building Better Bones

While many of us exercise to keep strong, healthy muscles the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

EXECUTIVE DIRECTOR CORNER

“October is a symphony of performance and change.”
-Bonaro W. Overstreet

Happy October to all of you!

As the world gets more comfortable with restrictions being liften, Waltonwood Cary is still taking safety measures to protect our residents. As a reminder, please continue to wash your hands and wear face coverings within the community. If you have been vaccinated you are welcome to have your mask off in your loved ones private apartment or the courtyard, if no other residents are around.