



**Celebrating
Resident Birthdays
in October**

Carmen H. 10/22

TRANSPORTATION

Outing Schedule

- Wednesday October 13th
- 11:00am Wendy's
- Wednesday October 20th
- 1:30pm Annelore's German Bakery
- Wednesday October 27th
- 1:30pm Kilwin's Chocolate Shop



\$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!

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!

We are celebrating Oktoberfest with German food tastings, stories and songs from our very own German residents, & tons of games!

We are also celebrating Active Aging Week! We love to keep our residents active and engaged physically, mentally, and spiritually. We'll be hosting a badminton tournament, fishing games, and healthy smoothies!

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

Juanita McArtan
Resident Care Manager

ReRe Artis
Special Care Coordinator

Korin Kreiser
AL Wellness Coordinator



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.

– Chris, Senior Fitness Instructor



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 lifted, 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.

Jeff Sylvester