



COMMUNITY COMMUNICATION

RESIDENT BIRTHDAYS

David W.	6/14
Joan S.	6/21

ASSOCIATE BIRTHDAYS

Jeff S.	6/2
Martha B.	6/9
Shayla L.	6/13
Shuvayi V.	6/19

ASSOCIATE ANNIVERSARIES

Michael B.	6/4-3yrs
Gisel C. R.	6/7-1yr
Nabor L.	6/7-1yr
Madeline D. J.	6/15-1yr
Debbie C.	6/15-1yr

We have many things to look forward to for the month of June, but some of the big ones are:

- June 2nd (Thursday): Covid Clinic for residents that have received the first and second vaccine and are ready to get their booster!
- Every Tuesday: Travel and Taste things from different countries
- June 11th (Saturday): Camp Waltonwood from 11 to 1. Thank you to all of our volunteers! Your camp shirt is on the way!
- June 16th (Thursday): Juneteenth is the 19th, but we will have our pre-celebration with drum fitness, live music and more!
- June 19th (Sunday): Father’s Day!
- June 21st (Tuesday): Longest Day of the year to honor all those living with Alzheimer’s and Dementia day in and day out with an all purple party; the official color for Alzheimer’s awareness.



\$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!

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



JUNE: HELLO SUMMER!

This month we have a lot to celebrate starting with our Travel and Tasting series where we will travel virtually and taste from different countries around the world...YUM!

Next up is Camp Waltonwood, an intergenerational event where residents and staff lead activities for the kiddos and kids at heart to enjoy! This is the event you won’t want to miss.

After the above event is Juneteenth, made an official federal holiday by President Joe Biden to commemorate the emancipation of enslaved African Americans.

Last but not least, we will celebrate all of the fathers with a social themed around a fan favorite...fishing! Get your bucket hats and come on down to the feeding frenzy!

COMMUNITY
MANAGEMENT

- Jeff Sylvester
Executive Director
- Nadia Awah
Associate Executive Director
- Tina Forsythe
Business Office Manager
- Jon Koppe
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
- Niya Hooks
Marketing Manager
- Nick Long
Marketing Manager
- Korrin Kreiser
AL Wellness Coordinator
- Shuvayi Vereen
Memory Care Coordinator

ASSOCIATE SPOTLIGHT

Luz Delgado was born in San Juan, Puerto Rico. She is a wife and proud mother of two amazing children. Luz has been in health care for over many years, but her passion is with the elderly community.

When Luz isn't working she's spending time with family and their two Maltese dogs! Luz is a dedicated employee, continuously affecting others with her positive attitude and cheerful smile. Luz has a yes mentality that is recognized by the residents and she upholds the Waltonwood standards; for that we commend her. Help in congratulating Luz for Associate of the Month!



TRANSPORTATION INFORMATION

For the month of June we discussed the Kentucky Derby at Peck and Plume, picked strawberries at DJ's Berry Patch to make homeade freezer jam, we then shopped for "the perfect piece". The fun didn't stop there, we then ate at Olive Garden, and had the most creamy icecream at the Howling Cow Creamery. This month we plan to have just as much fun. See below:

Upcoming planned trips:

- Farmer's Market
- Mustang Charlie's Diner
- Red Lobster
- F.R.E.S.H Local Icecream



MAY HIGHLIGHTS

05

Cinco De Mayo-
The celebration of Spanish culture!

08

Mother's Day-
We had a space themed bash because we love ther to the moon and back!.



24

Senior Health and Fitness Day-
We had our strong senior contest. Congrats Purple Team!

31

Memorial Day Ceremony-
We enjoyed the ROTC, Heartland hosting and bringing poppys!



FOREVER FIT

June is Alzheimer's and Brain Awareness Month, an annual observance raising awareness on Alzheimer's disease and other dementias. For years the Waltonwood family has partnered with the Alzheimer's Association to support the mission of a world without Alzheimer's and other dementia. While there still may not be a cure, taking proactive steps and developing healthy lifestyle habits have been shown to slow the onset of the disease and delay its debilitating effects. Much like heart heath, cognitive health can benefit greatly from increasing physical activity and exercise, eating a well-balanced nutrient rich diet and effectively managing stress. It's never to early or to late to start taking better care of ourselves and small changes today can help lead to healthy years to come.

-Chris, Senior Fitness Instructor

JUNE SPECIAL EVENTS

11

Camp Waltonwood-
Intergenerational activities and food for the kid at heart.

16

Juneteenth Pre-Celebration -
Let's celebrate African American culture!

19

Father's Day-
Let's enjoy a social with a fishing theme.

21

The Longest Day-
Purple Party in honor of all the people living with Alzheimer's.



EXECUTIVE DIRECTOR CORNER

June is the month where we begin the summer solstice, an event that has been celebrated throughout history with festivals, holidays, and pageantry. The Waltonwood at Cary Parkway team will be celebrating summer with an intergenerational event called CAMP WALTONWOOD. There is no relationship like that of a grandparent and grandchild and this event is designed to celebrate that bond between the generations. I hope you take the time to join us as a camper, volunteer, or even as a surrogate grandparent- you will be happy you did!

Jeff Sylvester