



**Celebrating
Resident Birthdays
in June**

Nancy B. 6/10

TRANSPORTATION

Outing Schedule

- Wednesday June 1st
- 10:00am Scenic Ride
 - 2:00pm Goodberry's Ice Cream
- Wednesday June 15th
- 10:00am Scenic Ride
 - 2:00pm Howling Cow Ice Cream & Dairy Farm
- Wednesday June 22nd
- 10:00am Scenic Ride
 - 2:00pm Annelore's German Bakery
- Wednesday June 29th
- 10:00am Scenic Ride
 - 2:00pm Cookout Milkshakes



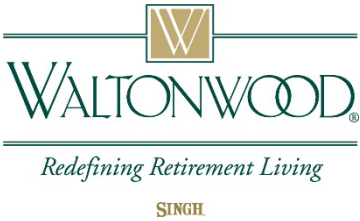
\$3,500 RESIDENT REFERRAL BONUS

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**

JUNE 2022



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



CALLING ALL CAMPERS

Calling all campers! On Saturday June 11th we are hosting an intergenerational event from 11am-1pm at the AL Front Entrance. We will have camp-themed snacks and games for kids! We're so excited to host this event for our community and we hope to see you there!

The fun doesn't stop there because next up is Father's Day! We recently celebrated our wonderful mother's and now it's time to honor our awesome father's and father figures.

Last but not least, we will begin a new series called Travel Tuesday! Each Tuesday we will virtually travel to a new country. We'll learn their cultural traditions, and taste some of their popular cuisines!

**COMMUNITY
MANAGEMENT**

- Nadia Awah
Interim 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
- Korin Kreiser
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator

WELCOME SHUVAYI

Big update and big congratulations to our new Memory Care Coordinator, Shuvayi Vereen! Shuvayi has been working and serving our residents here for over 8 years. She started as a part-time Med Tech and shortly, thereafter became fulltime. Shuvayi has grown tremendously and we're so excited for her new position. We know she will do amazing things and we are proud of her growth within the Waltonwood community!



FOREVER FIT: ALZHEIMER'S & BRAIN AWARENESS MONTH

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.



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