



Resident Birthdays

Barbara L. 8/11

TRANSPORTATION

Outing Schedule

- Wednesday August 3rd
- 10:00am Scenic Ride
 - 2:00pm Goodberry's Ice Cream
- Wednesday August 10th
- 10:00am Scenic Ride
- Monday August 15th
- 1:30pm ParTee Golf Shack
- Wednesday August 17th
- 10:00am Scenic Ride
- Wednesday August 24th
- 10:00am Scenic Ride
- Wednesday August 31st
- 10:00am Scenic Ride
 - 2:00pm Annelore's German Bakery



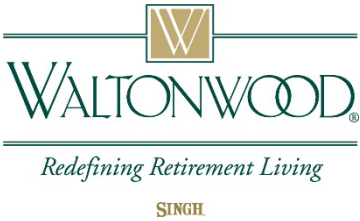
\$3,500 RESIDENT REFERRAL BONUS

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

AUGUST 2022



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



YOU HAD ME AT ALOHA

Leis, Laughs and Libations! We're hosting a Summer Luau Party and we hope to see you there! This luau will feature our very own resident, Ronny deJong to showcase her Hawiian dance moves alongside Caroline. We can't wait to enjoy the Hawiian culture, music, and food.

August is National Golf Month and to celebrate we'll be putting our golf skills to the test! First residents will join us at the ParTee Golf Shack to play the mini-golf obstacle course. Next, we'll partner with Legacy Therapy Services for our very own golf event. There, residents get to take another swing at their golf skills! We hope residents will have a tee-riffic time!

Last but not least, we will begin a new series called Edible Art Tuesday! Each Tuesday we will test our food decoration skills. Experiencing new ways to construct, create, and enjoy food together.

COMMUNITY MANAGEMENT

- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Andy Fetzer
Culinary Services Manager
- Kaitlyn Duffy
MC Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Kathy Burroughs
IL Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Niya Hooks
Marketing Manager
- Nick Long
Marketing Manager
- Shuvayi Vereen
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

Tammy Gai is our August Associate of the Month! Tammy is a valued part of our Life Enrichment Team and has been apart of the Waltonwood Family since April. Tammy started her career as a caregiver then transited to working in activities. Tammy has been an absolute shining star with her eagerness to jump right in! She shows compassion towards the residents daily and truly enjoys working with the senior population. Tammy is always willing to lend a helping hand for our residents.

When she's not working with our residents Tammy loves to cook for her family! Tammy's children and grandchildren help keep her busy.

Our residents appreciate Tammy's enthusiasm and dedication. Thank you Tammy for all you do! You really are an asset to our Waltonwood Team.



FOREVER FIT: PROGRESS NOT PERFECTION

Much like life, our fitness journeys are rarely linear. Despite our best intentions and efforts, we often find ourselves drifting from the habits that have kept us active, healthy and happy for so many years. The path to a better version of ourselves is always filled with obstacles but how we handle those obstacles will ultimately determine our long-term success. Our fitness is not an all or nothing concept, rather it's a practice that when done consistently, even in small doses, can provide so many benefits for our mind, body and overall well-being. So, if you find yourself in a bit of an exercise rut or find it a little harder to find the motivation to get moving give yourself a little bit of grace and know that's ok. Aim for progress not perfection because even a little bit of exercise every day can pay off in a major way!

– Chris, Senior Fitness Instructor



EXECUTIVE DIRECTOR CORNER

"This morning the summer endures past dawn. I realize that it is August: the summer's last stand"- Sara Baume.

Happy August to all of you!

We are planning some amazing events throughout the month! You are encouraged to attend and participate in the festivities: August 4th-Hawaiian Luau with Ronny DeJong & Caroline. This will be very entertaining- you don't want to miss!

For AL/MC, the Life Enrichment team is planning an activity every Tuesday called – Edible Art Tuesdays. This will be very fun and engaging as they will be introducing something new every Tuesday throughout the month.

Finally, please be reminded that the bi-monthly community review call is scheduled for August 8th and the 22nd at 3pm.

~Warm Regards, Nadia Awah