



Resident Birthdays

Becky W.	10/20
Carmen H.	10/22
Grace W.	10/25

TRANSPORTATION

Outing Schedule

- Wednesday October 5th
- 10:00am Scenic Ride
- Wednesday October 12th
- 10:00am Scenic Ride
- Monday October 19th
- 2:00pm Annelore’s German Bakery
- Wednesday October 26th
- 10:00am Scenic Ride
 - 1:30pm Halloween Decoration Tour



\$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 2022



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



PUMPKIN SPICE & EVERYTHING NICE

Fitness fun, time travel, German food and pumpkin everything! October is jammed packed with fun festivities! To kick the month off we'll be celebrating Active Aging Week! We'll be experiencing fitness throughout the ages. Each day will focus on a different time period and the popular fitness fads from that decade.

To keep the decade fun going, each Tuesday we'll be tasting popular dishes from various time periods. We can't wait to explore the history of the 30's, 40's, 50's and 60's this month. Next, we'll be traveling all the way to Germany for our 2nd Annual Oktoberfest! German games, music, and plenty of delicious food will all be on the agenda.

Lastly, to close out the month we'll celebrate Halloween with a Spooktacular Social! Costumes, Candy, Pumpkin spice and everything nice! Halloween fun is just around the corner. We'll have haunting good time!

COMMUNITY
MANAGEMENT

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

LIFE ENRICHMENT CONNECT

We have some exciting changes happening in our Life Enrichment Department. Marlene has joined our team as our new part-time Memory Care Life Enrichment Assistant! Marlene started working at Waltonwood just 6 months ago as a concierge. We're so happy to welcome her to our Life Enrichment team!

Also, I will be transferring to become the Independent Living Life Enrichment Manager in October. I've absolutely loved working in Memory Care these past two years. I love that I will still get to see my memory care residents who will be just a short walk away from Independent Living!

And lastly, we have great news. We will be welcoming our new Memory Care Life Enrichment Manager, Ashleigh who will be starting in October! We're thrilled to welcome Ashleigh to the Waltonwood Family!



FOREVER FIT: ACTIVE AGING WEEK

Since its inception in 2003, the first week of October has been earmarked as the start of Active Aging week. The annual celebration highlights efforts of those 50 years and older to thrive physically, socially, spiritually, emotionally, intellectually, vocationally and environmentally. From October 3rd-October 9th join the Waltonwood family as we celebrate Active Aging Week with daily events aimed at keeping our residents feeling their very best. With exercise classes to fitness assessments and educational seminars to hands on demonstrations each community will offer their own unique perspective on what is truly means to actively age.

– Chris, Senior Fitness Instructor



MEET MARLENE

Welcome Marlene, our new part-time Memory Care Life Enrichment Assistant!

Marlene started her journey at Waltonwood as a concierge only 6 months ago. And before Marlene joined Waltonwood she worked as an acting and modeling coach!

When Marlene isn't working, she loves listening to music, spending time with her son, and rooting for her favorite team, the Kansas City Chiefs!



EXECUTIVE DIRECTOR CORNER

Happy October to all of you!

October will kick off with Active Aging Week (3rd- 7th). The focus will be on fitness and overall health and wellbeing. Come and learn about ways of staying healthy. Oktoberfest will be celebrated this month. Come and enjoy German food, beer, and fun games. Halloween will be celebrated on the 31st. We are planning lots of spooky fun activities with games and of course pumpkin treats as well.

Flu Clinic is scheduled for October 19th this year. As previously announced, Ashleigh Hartung will be joining our team as the new LEM-MC. In addition to that, Marlene Ogle, has been hired as the new life enrichment assistant. We are also excited to announced that Emily Sword will be starting as our new Forever Fit Coordinator.

Please be reminded that the next community review call is scheduled for October 17th at 3pm
~Nadia Awah