



RESIDENT BIRTHDAYS

None this month!

ASSOCIATE BIRTHDAYS

Sheila M.	9/7
Emma H.	9/10
Sharon H.	9/20
Vance W.	9/22
Willie D.	9/29
Denise L.	9/30

ASSOCIATE ANNIVERSARIES

Luz D.	9/14	2yrs
Cynthia M.	9/18	9yrs
Vance W.	9/19	12yrs
Shuvayi V.	9/24	10yrs
Martha B.	9/26	13yrs
Deitra H.	9/26	12yrs
Ilva W.	9/28	7yrs
Terrea B.	9/30	1yr
Tina F.	9/21	14yrs

COMMUNITY COMMUNICATION

Reminder: Latoya is the new Assisted Living Wellness Coordinator; feel free to pop into her office if you have a concern or just to say hi! You do not need to wait until a Resident Council meeting to do this. Also, there are new staff members in various departments; be sure to be patient with them as they are “learning the ropes” and make them feel welcomed as well. 😊



In other news, Covid has been on the rise in pockets across the U.S, so we ask that your family wear masks when they visit, especially if they do not feel well. But, if they feel really bad, we ask that they stay home. As a reminder, please continue to wash your hands. Precautions to avoid catching and spreading the virus are an ongoing process, so we ask that you remain vigilant, patient, and flexible.

Let’s have a fun, yet safe, month!

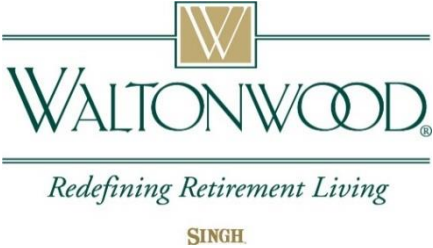


\$3,500 RESIDENT REFERRAL BONUS

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!

CARY PARKWAY
CONNECT



SEPTEMBER 2023
ASSISTED LIVING

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



AUTUMN ON MY MIND...

Fall Equinox is Saturday, September 23rd, so I hope you are enjoying the last bit of summer. With fall just around the corner, we must wrap up summer with a bang!

This month we will be celebrating National Assisted Living Week. This year’s theme is Seasons of Reflection. We have a fun-filled week planned, so get excited for Carnival Day, Spa Day, and much, much more! Please join us as we celebrate the wonderful residents and honor the hard-working staff here at Waltonwood Cary.

We will also be celebrating a few national holidays this month. Up first is cheese pizza day! We will be making our very own pizzas and of course tasting them! Other fun socials will include: “Talk Like a Pirate Day,” Supermodel Day, and Dumpling Day, where we get to taste a bit of Japan with mochi ice-cream!

COMMUNITY
MANAGEMENT

- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Michael Quinn
Environmental Services Manager
- Kevin Crane
Culinary Service Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Wood
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Nick Long
Marketing Manager
- Kim Dahl
Marketing Manager
- Dakota Olive
Move-In Coordinator
- Latoya Rodriguez
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

Patricia Holmes is our Associate of the Month. Patricia is a valued member of our Resident Care Team. Patricia has been a caregiver at Waltonwood for almost a year. Within six months of her start date, she received a promotion to be a mentor to help train new caregivers. Patricia was born in Savannah, Georgia, and grew up in Rocky Mount, North Carolina. She is a proud mother of 6 children: 4 boys and 2 girls. She loves her family and the residents of Waltonwood Cary. In her spare time, she loves to relax, go to the movies and eat out. Thank you, Patricia, for the compassion you bring and all of your hard work!



AUGUST HIGHLIGHTS

01

National Girlfriends' Day-
"You've got a friend in me!" How wonderful it was to design a bag alongside your bestie!

10

Luau for Legacy and Homewatch-
Honoring our partners was fun and made them feel special!



23

Sunflower Textured Art-
Tried our hand at 3D textured art and we strongly suggest it!

24

Legacy Presents: Golf Event-
Honoring National Golf month with our own mini golf course.



TAKE YOUR TIME

If nothing else we are creatures of habit. The schedules and routines that we've developed over the years help us to be effective, efficient and comfortable. Sometimes however, in order to see the improvements we need we have to make that awkward step outside our comfort zone. As fragile as our bodies can be, they are equally resilient and adapt to the stresses we place upon it. By failing to regularly add new stimuli, we often find ourselves making little to no progress. If you find yourself at a bit of a plateau it may be the perfect time to try a new or more challenging exercise. Remember: exercise should never be painful; rather taxing enough to test your ability so you can make the small incremental steps to a stronger, healthier version of you.

-Chris G., Senior Forever Fit Manager

TRANSPORTATION INFORMATION

Mary, Shantel and Jada have been busy orchestrating the Monday outings. On the calendar for *August* was scenic ride of Cary, Indiana Jones Movie Outing, First Watch Restaurant, Eva Perry Regional Library, Carolina Basketball Museum, Marla Dorrel Park and NC National Guard Museum. Some of the outings were for fun, and some educational, but all were worth it to see the glow on your, the residents, faces. Many residents have been appreciative of the outings whether it's something they wanted to try again, try for the first time or "just to get out and about." We will keep the momentum going in the month of *September* with more fun trips.

Upcoming planned trips:

- Howling Cow Creamery
- Eva Perry Regional Library
- Centennial Plaza (Flag Raising)
- Silver Saddles Horse Ranch
- My Big Fat Greek Wedding 3 (Movie)



SEPTEMBER SPECIAL EVENTS

04

Labor Day-
Let's get together and do a labor of love by making thank you cards for the wonderful staff!

11

Remembering 9/11-
Let's join Wake Forest as they honor their fallen heroes with this special flag raising ceremony.

12

Assisted Living Week (11th-15th)-
Let's celebrate the amazing residents and honor the wonderful staff of Waltonwood!

27

Silver Saddles Horse Ranch-
You have watched Heartland on Netflix, now time to see what a ranch is all about!



EXECUTIVE DIRECTOR CORNER

Happy September!

I hope everyone has had a fun-filled summer.

Seasonal Tip: Summer is ending soon! With fall fast approaching it's time to plan and plant your fall garden. By late summer, heat, drought and pests have reduced so it's the best time to plant carrots, beets, squash, and zucchini. With temperatures still high, remember to regularly water your outdoor flowers and garden. And enjoy all the great things September has to offer!

Our next community call will be September 18th at 3:00pm.

Thank you, Nadia Awah
03