



OUTING SCHEDULE

Friday, September 1<sup>st</sup>

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Foods
- 1:00pm Howling Cow Ice Cream & Dairy Farm

Friday, September 8<sup>th</sup>

- 10:00am Lowe’s Foods
- 12:30pm Hamrick’s Department Store

Wednesday, September 13<sup>th</sup>

- 4:30pm Bonefish Grill Dinner Outing

Friday, September 15<sup>th</sup>

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Foods
- Time TBD Movie Outing: “My Big Fat Greek Wedding 3”

Friday, September 22<sup>nd</sup>

- 10:00am Lowe’s Foods
- 1:00pm Farmer’s Market
- 2:15pm Dollar Tree

Friday, September 29<sup>th</sup>

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Foods
- 12:30pm Asali Desserts and Cafe



Resident Birthdays

Beverly T.	9/1
Phyllis Z.	9/1
Nelson Z.	9/2
Judy G.	9/6
Flavia R.	9/7
Susan S.	9/9
Pauline D.	9/11
Louise Y.	9/13
Misty H.	9/18
Tony M.	9/23
Mary Jane C.	9/24
Sandra S.	9/25
Betty P.	9/28

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



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

CARY PARKWAY  
CONNECT



SEPTEMBER 2023

INDEPENDENT LIVING

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



SEPTEMBER

Happy September! I hope you are enjoying the end of summer. August was a great month filled with lots of celebrations. Thank you for joining us for our Luau for Legacy, Milkshake Mixer, and other great events!

We will kick off this month with Assisted Living Week! We are excited to show our gratitude toward our amazing staff and residents. This year’s theme is Seasons of Reflection. We have a fun-filled week of carnival games, reflecting ceremony, and more!

Next, we’ll be our Do Something Grand for our Grandparents Social! Please join us on Sunday, September 11<sup>th</sup> at 3:00pm for an afternoon of kids’ crafts and desserts. Please invite your grandkids to join in on the fun!

Finally, our teaching technology series will become one-on-one sessions. Please sign-up for one-on-one assistance to learn how to navigate your iPhone or android. We welcome any and all technology issues or questions!

COMMUNITY  
MANAGEMENT

- Nadia Awah  
Executive Director
- Tina Forsythe  
Business Office Manager
- Kevin Crane  
Culinary Services Manager
- Michael Quinn  
Environmental Services Manager
- Kaitlyn Duffy  
IL Life Enrichment Manager
- Shantel Carr  
AL Life Enrichment Manager
- Ashleigh Hartung  
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



# PHILOSOPHICAL THOUGHT FROM LEONARD M. DILEO

Youth is always present. The future is now. Live every day in the present while you bring youthful thoughts and experiences to the now. Leave your past negative and failures behind. They have vanished with time.

If you live in the present, your now will always be with you. The future is now because tomorrow may never become reality. Also, no one knows when the end will arrive.

Count your blessings, not your regrets and leave negative experiences behind. Live for the day and thank God for all the good in your life.

## FOREVER FIT

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 ourself making little to no progress. If you find yourself at a bit of a plateau it may 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

## AUGUST HIGHLIGHTS

3

Art with Ali

We loved painting lavender flowers with watercolors.

10

Legacy and Homewatch

We honored Legacy and Homewatch with a Luau for all their hard work for Waltonwood.



16

Craft Corner

We created beautiful abstract art.

23

Louise’s Presentation

Louise presented pictures of her 43 years of living as a missionary in Alaska.



## RESIDENT SPOTLIGHT

Amidst the carpet replacement taking place at Waltonwood, Charlie Strang and I carved out a bit of time for a conversation. If I were to go solely on this conversation, I would say hands down that Charlie’s family is his most valued possession.

In the 1970’s, he and his wife Sandy made the move from Long Island, New York, to Florida. During this time period, the section of the Long Island Railroad starting at Penn Station transitioned to full electrical, which caused the prices of real estate to sky rocket. They made a killing on their home and were able to get another wonderful home with a pool and other amenities in FL. Before being fully electrical, the railroad would have to make a stop at the Jamaica station to change from electric to diesel cars. With a crinkle in his eyes and an effervescent chuckle, he shared the old joke that “you have to transfer in Jamaica before you go to heaven”.

They moved to Florida because Sandy transferred within the VA. Although in NY, Charlie worked for NY Telephone Company, he retired early, and he, too, was hired on with the VA. His new job was a testament to his people skills and ability to form good relationships, because as he was conversing with management at Sandy’s new job, the chief of supply offered Charlie a position on the spot.

How he and Sandy met is a result of his relationship building skills too. He was visiting a colleague who suggested to Charlie that he and Sandy might hit it off. From the first phone call, Charlie knew she was special. She told him that he would have to call her back because she was helping her kids with their bedtime routine. When they finally went on a date, they went to see a foreign film about the Greek Revolution, something potentially called “Z”. But the best part was that they hit it off so well, that they stayed up talking till the sun rose.

I asked Charlie if he can recall a time in his life when he vividly remembers where he was and what he was doing and he began to describe the morning of 911. The family was living in Gainesville, FL, by this time and he was retired so he was putting on his gym shoes, when the broadcast came on that a small plane had gone into the towers. At this point, he stopped to recall how back in 1945 a small military plane had hit the Empire State Building and it was no big deal; there was some damage and things were repaired. We all know how the sequence of events played out that historic morning. Charlie never got to put on the second shoe. When the second plane hit the other tower, he told Sandy, “We’re under attack”. He wanted a way to help so he arranged to donate blood at the American Red Cross the next morning at 8am.

When he arrived, he was moved to tears by the scene in front of him. University of Florida students lined up and down the block and around the corner to the next block waiting to donate blood. He tells how while working with Western Electric he would on occasion go to their building located a couple of blocks from the World Trade Center and he had the opportunity to watch the progress of the construction as the towers went up. With sobriety he says, he then watched the towers go down on the morning of 911.

Charlie is proud of his life choices and the smart, caring, and energetic family that is part of his life today. Life Enrichment is thankful to have the opportunity to get to know our Residents and listen to their stories.



Charlie relaxing in his apartment



Charlie enjoying his man cave

## 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