



Resident Birthdays

Gail S. 9/1

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

OUTING SCHEDULE

Wednesday September 6th

- 10:00am Scenic Ride
- 1:00pm NC Museum of Art

Monday September 11th

- 11:00am Flag Raising Ceremony in Wake Forest

Wednesday September 13th

- 10:00am North Carolina Farmers Market

Wednesday September 20th

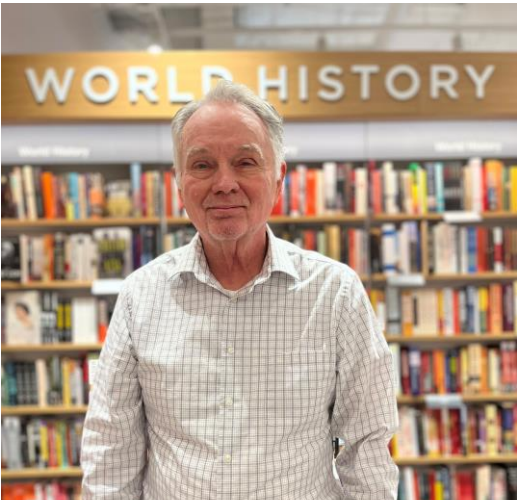
- 11:00am Lunch Outing at First Watch Restaurant

Monday September 25th

- 10:00am Silver Saddles Therapeutic Horse Farm

Wednesday September 27th

- 10:00am Scenic Ride

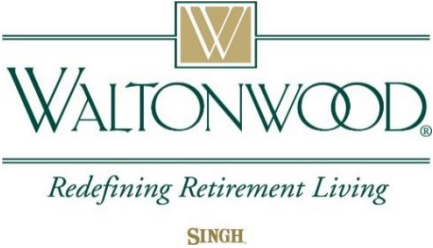


\$3,500 RESIDENT REFERRAL BONUS

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

MEMORY CARE

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



FALL IS IN THE AIR

Happy September! I hope you are enjoying the last bit of summer. Fall is just around the corner, and so are many great events and programs!

This month we will be celebrating our residents and staff with National Assisted Living Week. This year's theme is Seasons of Reflection. We have a fun filled week with a carnival day, spa day, and more! Please join us as we honor the wonderful staff and residents here at Waltonwood.

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.

Finally, we will continue to travel the country with our weekly U.S travel series. This month we will visit Pennsylvania, Washington DC and Ohio!

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 Hartung
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Nick Long
Marketing Manager
- Kim Dahl
Marketing Manager
- Dakota Olive
Move-In Coordinator
- Shuvayi Vereen
MC Wellness Coordinator
- Latoya Rodriguez
AL Wellness Coordinator

Associate of The Month

Patricia Holmes is our August 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

9

National Book Lover’s Day
We took a trip to Barnes and Noble

10

Luau with Legacy and Homewatch
We showed our appreciation for Legacy and Homewatch with a Luau!



15

Back to School Prep Day
We made some pet rocks for a local school to wish them good luck this year

16

Outing to Science Museum
We had fun exploring the North Carolina science museum!



KINDNESS COUNCIL

Waltonwood has officially launched our Kindness Council! Waltonwood’s Kindness Council provides residents the opportunity to serve along likeminded individuals, creating intentional acts of kindness inside and outside of Waltonwood. Month to Month, residents will work on a project, that will be centered around kindness. These projects will take place both inside and outside the community. We kicked off Kindness Council in the month of August with our first project. Our Memory Care and Assisted Living residents painted “pet rocks” for pre-k students at St. Mary Magdalene in Apex. Each rock had a little note that said “You are going to rock this school year” to get the kids excited about the year ahead! We look forward to seeing their reactions when we deliver them this month!

Lastly, with Assisted Living Week around the corner, our next project will focus on our Waltonwood staff. We look forward to appreciating our amazing staff through this project and continue to spread kindness through this new opportunity!

FOREVER FIT

Outside of the Box

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.

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