



OUTING SCHEDULE

Resident Birthdays

Lee O.	1/2
Linda P.	1/2
Roger F.	1/2
Dorothy E.	1/5
Maria E.	1/5
Peggy W.	1/12
Barbara S.	1/16
Mary M.	1/16
James H.	1/21
Joyce R.	1/23
Nancy K.	1/25
Maryann M.	1/27
Robert B.	1/27

Associate Birthdays

Kailan S.	1/3
Peggy B.	1/3
Dominique G.	1/4
Diamond C.	1/10
Silva C.	1/10
Ronald P.	1/13
Nadia A.	1/21
Angela G.	1/21
Jaylind J.	1/21
Louise D.	1/28
Missy R.	1/29
Kaitlyn D.	1/31

Associate Anniversaries

Marlene O.	1/2	2yrs
Matt H.	1/9	1yr
Ronetta H.	1/10	12yrs
Angela J.	1/13	8yrs
Angelia R.	1/16	1yr
George D.	1/23	1yr
James E.	1/25	2yrs
Anna C.	1/26	2yrs

Friday, January 5th

- 10:00am Lowe’s Foods
- 1:00pm Dollar Tree
- 2:15pm Trader Joe’s

Friday, January 12th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Foods
- Movie Theater Outing

Friday, January 19th

- 10:00am Lowe’s Foods
- 12:30pm Mellow Mushroom & La Farm Lunch Outing

Friday, January 26th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Foods
- 1:00pm Dorcas Thrift Store



\$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



JANUARY 2024

INDEPENDENT LIVING

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



NEW YEAR, NEW SEASON

Happy New Year! There is a lot to look forward to in 2024. The resident engagement survey will kick off the year. Please share your thoughts and opinions of Waltonwood and complete this survey by February 5th.

This month we will welcome Amy O’Keefe for a lecture on the “Journey Along the Silk Road” on January 9th at 2pm. Amy has a PhD in Chinese history and was previously a history professor at Meredith College. Please come enjoy this engaging and educating seminar. Next, we’ll be hosting a Veterans’ Day Social on January 17th at 2:30pm. All veterans are welcome to join us for beer and pizza.

New year and new fitness classes are starting for 2024! Please join us for machine circuit class with Matt every Tuesday at 2pm. This class will take you through each exercise machine for a dynamic workout. You won’t want to miss these transforming fitness classes.

Next, we will welcome Glenn from Triangle Wine with a wine-tasting class on January 23rd at 2pm. Please join us to taste delicious cheese and wine. Lastly, to close out the month, we will celebrate National Hot Cocoa Day with a hot cocoa social and art class. I hope you will join us all month long as we celebrate the new year!

COMMUNITY
MANAGEMENT

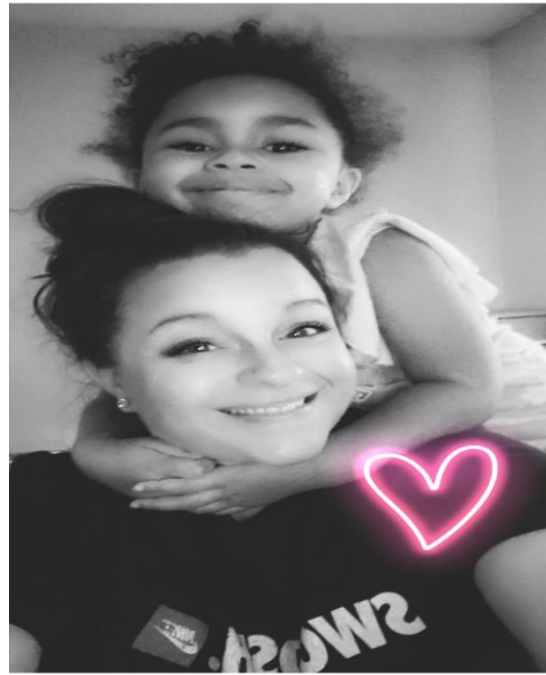
- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Kevin Crane
Culinary Service Manager
- Michael Quinn
Environmental Service Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Hartung
MC Life Enrichment Manager
- Dionna Daniels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



FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Krystal Morrison is our Assisted Living January associate of the month! Krystal is a valued member of our dining family here at Waltonwood. Krystal became a part of the team four years ago. Krystal hit the ground running and has been a huge help in the entire department. This past June, she was promoted to our Dining Room Supervisor! Krystal's attention to detail, patience, and always willing to lend a hand makes her excel in her supervisor role. She is originally from New Hampshire and has been living in North Carolina for over 11 years. When she's not at work, she enjoys going to the beach, paddle boarding, and spending time with her two kids, her 19-year-old son Seamus and 5-year-old daughter Rianna. Thank you, Krystal, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family!



ASSOCIATE SPOTLIGHT

Eric Miller is our Independent Living January associate of the month! Eric is a valued member of our maintenance team here at Waltonwood. Eric became a part of the team this past September. Eric is a huge team player and always lends a helping hand with a smile on his face. His positive attitude and dedication are infectious to the rest of the team. His favorite hobbies are playing basketball, working out and spending time with his five kids. Eric has four daughters, Shanisha, Morgan, Erica, and Ciara, and one son, named Eric Jr. He is originally from Providence, Rhode Island and is a diehard Philadelphia Eagles fan. Fly eagles' fly! Thank you, Eric, for everything you do here at Waltonwood! Your hard work and dedication are truly appreciated by all!



FOREVER FIT: BETTER WITH A BUDDY

When we think of exercise, we often think of stronger muscles and healthier bodies. While this is true, when regular exercise is combined in a social capacity the physical benefits may also extend to our cognitive functioning too. Recent data suggests that those who work out at least twice a week with a workout buddy, or in a small group, also lowered their risk of developing cognitive decline versus those who exercised alone. The data also shows that the social engagement boost motivation, improves accountability and creates a greater sense of belonging. So, when you're setting those New Year's resolutions remember a good workout with some great friends may be the best way to stay healthy for years to come.

-Chris G., Senior Forever Fit Manager

DECEMBER HIGHLIGHTS

5

Carolina Harmony Chorus

We enjoyed listening to their wonderful acapella songs.

10

Art Class
We loved creating abstract art creations.



13

Holiday Open House
Thank you to everyone who attended our grand reopening ceremony.

17

Craft with Kids
Residents had a blast crafting with their great grandchildren.



ASSOCIATE SPOTLIGHT

Jared Thompson is our Memory Care January Associate of Month! Jared has been a part of the Waltonwood family for over 6 months. During the short time Jared has been with us, he's made a terrific impact on our residents, activities, and Dining Services team! Jared shines with his bubbly personality and positive outlook, along with his initiative and teamwork skills! Jared always puts a smile on our residents' faces and always lends a hand with bingo. His hobbies include everything artistic and creative! He loves drawing, tattooing customers, exploring anything new he can learn. Additionally, he loves spending time with his two daughters: his 7-year-old daughter Bailey and 5-year-old Nova. Jared is originally from Durham and loves rooting for UNC Chapel Hill, his favorite basketball team. Go Heels! Thank you, Jared for all you do! You really are an asset to our Waltonwood team!



EXECUTIVE DIRECTOR CORNER

Welcome 2024!

On behalf of the Leadership Team at Cary Parkway, we want to wish you all a Happy New Year. We are so fortunate to cherish the memories this past year has held. We are eager to start a new year and chapter with you at Waltonwood. Thank you to all who attended our Holiday Open House and Grand Reopening. We are looking forward to all the new memories and special occasions that will accompany our newly renovated community.

January Seasonal Tip: Bundle up with plenty of layers during our coldest month of the year. Wool and fleece especially will help keep you warm and cozy during the winter season. And accompany those with a nice hot cup of coca or coffee!

Please be reminded that January's community review call is Monday, January 15th, at 3:00pm.

Thank you, Nadia Awah