



Resident Birthdays

1/12 Beverly S.

Associate Birthdays

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

Associate Anniversaries

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

OUTING SCHEDULE

- Wednesday, January 3rd**
- 10:00am Scenic Ride
 - 1:00pm Ashworth Drug Store
- Monday, January 8th**
- 1:30pm Movie Outing: Wonka

- Wednesday, January 10th**
- 10:00am Scenic Ride
 - 1:00pm Wake Competition Center

- Wednesday, January 17th**
- 10:00am Scenic Ride
 - 1:00pm Barnes and Noble

- Wednesday, January 24th**
- 10:00am Scenic Ride
 - 1:00pm Annelores’ German Bakery

- Wednesday, January 31**
- 10:00am Scenic Ride
 - 1:00pm Petsmart

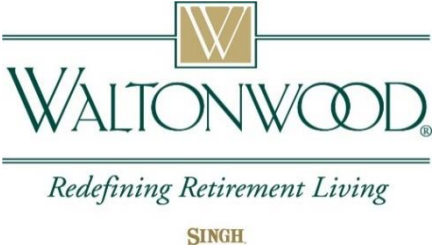


\$3,500 RESIDENT REFERRAL BONUS

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**



JANUARY 2024
MEMORY CARE

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www.waltonwood.com | 919-460-7330
Facebook: /WaltonwoodCaryParkway



RINGING IN THE NEW YEAR

Happy New Year! There is so much to look forward to in 2024. To kick it off, we will have our New Year New You Social! Here we will set visions for the New Year by creating our very own vision boards. This will be a great way to set goals for the New Year.

Next, on January 9th, we will celebrate the “King of Rock and Roll”. Join as we celebrate Elvis’s birthday with singing, dancing, themed refreshments, and more! Other notable socials this month will include our Quilt Show and High Tea Party.

Finally, with the new year upon us, it is important to focus on our fitness! This month we will introduce some new and fun ways to stay active. There will be fitness scavenger hunts, interactive fitness games, and more. I hope you will join us all month long as we jump into 2024!

**COMMUNITY
MANAGEMENT**

- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Michael Quinn
Environmental Service 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
- Shuvayi Vereen
MC Wellness Coordinator
- Latoya Rodriguez
AL Wellness Coordinator

Associate Spotlight

Jared Thompson is our 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, and 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 for all you do! You really are an asset to our Waltonwood team.



DECEMBER HIGHLIGHTS

14

Holiday Bingo Store

Residents enjoyed shopping our holiday themed bingo store and left with lots of festive items!

15

Holiday Photoshoot

Residents loved getting festive and taking holiday photos!



22

Happy Birthday Olivia!

We had a great time celebrating Olivia with all things Elvis!

23

Happy Birthday Martha!

We celebrated Martha with one of her all-time favorite things, coffee!



A NEW SPACE TO REMINISCE AND CONNECT

This month we would like to introduce to you our Memory Care Den. This is a place for residents, families, and associates to engage. The Den features different areas where you can interact with items related to sports, Hollywood, and music. You will notice posters, equipment, clothing and more that will relate to each of these categories and will be familiar to all. The purpose of this den is to create engagement. We welcome you to explore the den with a loved one or residents and interact with the items around the room. The hope is that the items in the room will help elicit memories from residents' past, and even serve as a way for them to connect with loved ones and staff. We hope that you will enjoy this new way to reminisce, engage, and connect with our residents.



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 social engagement, boost motivation, improves accountability, and create 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!

EXECUTIVE DIRECTOR CORNER

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. Wool and fleece especially will help keep you warm and cozy during this winter season. And accompany those with a nice hot cup of cocoa or coffee!

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

Thank you,

Nadia Awah