



COMMUNITY COMMUNICATION

Waltonwood is a wonderful community; many people want to move in and work here. With that being said we have some new faces to recognize. From residents to staff members, please let them know how happy you are that they are here! And remember, a little kindness goes a long way 😊

RESIDENT BIRTHDAYS

Anthony Gandy	11
David Kalish	18

ASSOCIATE BIRTHDAYS

Awah, Nadia	21-Jan
Cadis, Silvia	10-Jan
Cupitt-Powell, Diamond	10-Jan
Djunga, Louise	28-Jan
Duffy, Kaitlyn	31-Jan
Gorham, Angela	21-Jan
Green, Dominique	4-Jan
Johnson, Jaylind	21-Jan
Paz, Ronald	13-Jan
Robbins, Missy	29-Jan
Seaberry, Jasani	19-Jan
Stewart, Kailan	3-Jan

ASSOCIATE ANNIVERSARIES

Crews, Anna	1/26	2yrs
Delgado, George	1/23	1yr
Evans, James	1/25	2yrs
Hill, Ronnetta	1/10	11yrs
Howes, Matthew	1/9	1yr
Jenkins, Angela	1/13	7yrs
Ogle, Marlene	1/2	2yrs
Richmond, Angelia	1/16	1yr



FRIENDS & FAMILY REFERRAL PROGRAM!



In other news, Cold and Flu season is among us, so we suggest that visitors practice proper handwashing and other safety protocols when they visit. 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 germs 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!

CARY PARKWAY CONNECT



JANUARY 2024

ASSISTED LIVING

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



“HERE’S TO A SPARKLY 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 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

Latoya Rodriguez
AL Wellness Coordinator

Shuvayi Vereen
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

Krystal Morrison is our 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.



DECEMBER HIGHLIGHTS

04

Rudy Theatre's Christmas Jubilee

Classic songs were brought to life on stage with acting, singing and dancing!

13

Holiday Open House and Grand Reopening

Folks were wowed as Waltonwood was transformed into a Winter Wonderland.



16

Holiday Photo Shoot

We enjoyed Happy Hour, then took festive photos to show our Holiday cheer.

19

Christmas Social

We sang along with the Victorian Carolers and had a merry ole time!



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.

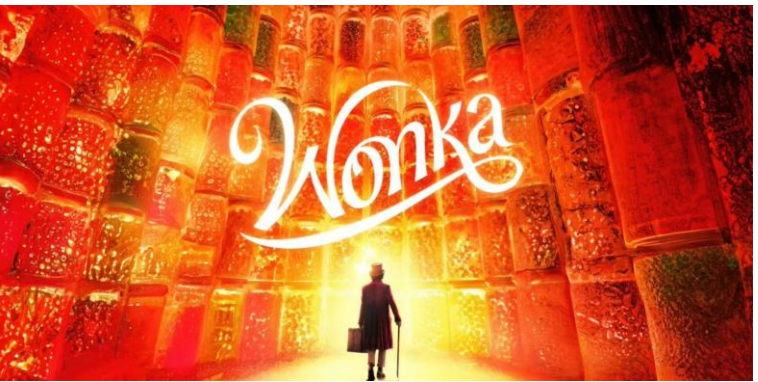
-Chris G., Senior Forever Fit Manager

TRANSPORTATION INFORMATION

Mary and Shantel have been busy orchestrating the Monday outings. On the calendar for December was Eva Perry Regional Library, Rudy Theatre, Bass Pro Shop, and the Christmas Light Drive. 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 *January* with more fun trips.

Upcoming planned trips:

- PetSmart
- Regal Crossroads Cary
- Eva Perry Regional Library
- The Perfect Piece Boutique
- The Polar Ice Rink



JANUARY SPECIAL EVENTS

02

New Year New You

We will be making vision boards for 2023 and envisioning a happier, healthier self.

09

Happy Birthday Elvis!

We will be celebrating the King of Rock and Roll with songs, dancing and education.

15

Marting Luther King Jr. Day

Let's discuss his famous speech and march the halls reminding people to hold on to their dream.

23

Quilt Show

When its cold, you just want to get warm and cozy. Let's learn about quilts and their history.



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 that 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!

Thank you, Nadia Awah