



Resident Birthdays		
Becky C.	3/17	
Julia D.	3/22	
Marie S.	3/25	
Associate Birthdays		
Rashad L.	3/1	
Yvette Y.	3/3	
Erin H.	3/8	
Kevin C.	3/8	
Katrina M.	3/8	
Masha V.	3/19	
Romeo D.	3/24	
Brandi W.	3/26	
Nabor L.	3/26	
Lori H.	3/28	
Eric M.	3/29	
Kenya M.	3/29	
April B.	3/30	
Elazjar M.	3/30	
Associate Anniversaries		
Sidney H.	3/3	4yr's
Xavier T.	3/7	1yr
Sharon H.	3/12	11yr's
Karen S.	3/17	4yr's
Julia T.	3/19	6yr's
Denis L.	3/27	6y'rs
Jarrood S.	3/27	6yr's



FRIENDS & FAMILY REFERRAL PROGRAM!

OUTING SCHEDULE

Monday, March 4th

- 10:30am- Vintage Vogue
- 1:30pm- Tibetan Himalayan Gift Shop

Monday, March 11th

- 10:00am- Cary Heights KinderCare (Read Across America)

Monday, March 18th

- 10:30am- Eva Perry Regional Library
- 1:30pm- Garden Supply Company

Monday, March 25th

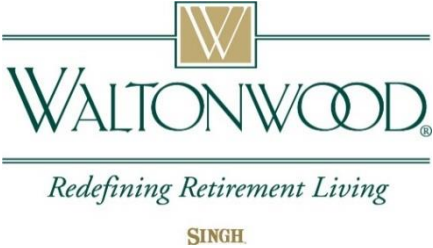
- 11:00am- Doherty’s Irish Pub



\$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



MARCH 2024

ASSISTED LIVING

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



SPRING INTO MARCH

Happy March! The Spring season is upon us and so are many great events. We will kick off the month by celebrating St. Patrick’s Day. Join us in your green on March 15th for themed refreshments and a musical performance by the Southwind Celtic Trio!

On March 11th, we will celebrate Read Across America Day. Join us by reading the book “If You Give a Mouse a Cookie” to the children at Cary Heights KinderCare.

March also marks Women’s History Month. All month long we will celebrate our lovely women of Waltonwood. Each week we will highlight all the amazing things these ladies have accomplished over their lifetime with our Women of Waltonwood Showcase.

Finally, with the Spring season comes baseball! Join us on March 28th for our Major League Baseball kickoff event. There will be concession snacks and a special appearance from North Carolina State Mascot, Mr. Wuf. I hope you will join us for all the fun as we spring into March!

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
- Lauren Higdon
Marketing Manager
- Destiny Perkins
Move-In Coordinator
- Shuvayi Vereen
MC Wellness Coordinator
- Latoya Rodriguez
AL Wellness Coordinator

MEET LAUREN

Welcome Lauren Higdon, our new Marketing Manager! Lauren is originally from Virginia. Lauren transferred from our Lake Boone community. We’re excited to have her join the Cary Parkway family! Lauren has 3 teenage sons and 2 dogs! She has a Bachelor’s in Human Development from Virginia Tech. She is a big sports fan and supporter of her Hokies! During her free time, Lauren loves spending time with family and her 2 rescue dogs, Annie and Finn! Lauren is also an avid reader of fiction and mystery novels. Fun fact about Lauren: she is getting married this October! We’re happy to have Lauren join our Waltonwood family!



MEET DESTINY

Welcome Destiny Perkins, our new Move-In Coordinator! Destiny is from Connecticut and moved to North Carolina in 2010. Destiny has 2 older sisters and 1 younger brother. She is currently in school working to get her Business Administration Degree with a minor in Project Management. Her favorite hobbies are cooking, baking, traveling, and spending time with her family. Destiny loves anything Italian! Her favorite dish to cook is pasta and her favorite dish to bake is cupcakes. Fun fact about Destiny: she loves basketball and her teams are UNC and UCONN! Go Heels! We’re happy to have Destiny join our Waltonwood family!



FEBRUARY HIGHLIGHTS

- 2

Go Red Fashion Show

Residents rocked the runway in all red in our heart health fashion show!
- 6

Mardi Gras Parade

We had fun celebrating Mardi Gras with Lake Boone, Athens Marching Band, and Apex Dance Team!



- 12

Sweetheart Soiree

We celebrated our Waltonwood couples with jazz music and delicious desserts.
- 21

Bingo Family Night

Residents and their families had a blast at our Bingo Family Night!



FOREVER FIT: REST AND RECHARGE

We know how important diet and exercise can be for our overall health, but did you know there’s a third factor just as crucial. The rest we get, in particular, the sleep we get, lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia, and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV, and make sleep a top priority to help improve your overall health and wellbeing.

-Chris G., Senior Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

Welcome March! We can’t wait to spring forth as March 19th marks the first day of spring. Spring is a colorful season with vibrant colors as the temperature rises. We warmly welcome the blooming flowers, sunny days and growing gardens.

Spring Tip: Now is the time to enjoy the beautiful sights of cherry blossoms, daffodils, tulips, and many more. Ideally, flowers should be harvested in the early morning. Before arranging them into a vase, make sure to cut each stem on a 45-degree angle to allow the flowers to absorb more water. Water should be changed daily for ultimate freshness.

Please be reminded that March’s community review call is Monday, March 18th, at 3:00pm.

Thank you, Nadia Awah