



OUTING SCHEDULE

Resident Birthdays

Sylvia A.	3/1
Richard F.	3/3
Ethel S.	3/4
Hal B.	3/4
Dick W.	3/7
Joel R.	3/11
Peggy P.	3/11
Wyvette S.	3/11
Patricia C.	3/16
Judy R.	3/17
Mary P.	3/18
Shirley R.	3/21
Mafi P.	3/24
David T.	3/26
Barbara P.	3/27
Caroline C.	3/28
Jayne P.	3/29

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	6yr's
Jarrood S.	3/27	6yr's

Friday, March 1<sup>st</sup>

- 10:00am Lowe’s Foods
- 12:15pm, 1:45pm, 3:00pm Early Voting

Tuesday, March 5<sup>th</sup>

- 2:00pm & 3:00pm Election Day Voting

Friday, March 8<sup>th</sup>

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

Friday, March 15<sup>th</sup>

- 10:00am Lowe’s Foods
- 12:45pm Dollar Tree
- 1:30pm Trader Joe’s

Friday, March 22<sup>nd</sup>

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Food
- 12:30pm Doherty’s Irish Pub

Friday, March 29<sup>th</sup>

- 10:00am Lowe’s Food
- 12:30pm City of Raleigh Museum: *Women of Change Exhibit*



\$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

INDEPENDENT LIVING

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



SPRING FORWARD

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 15<sup>th</sup> at 2pm for themed refreshments and a musical performance by the Southwind Celtic Trio.

Next, we’re getting our sneakers ready for some March Madness basketball! We will be competing with Waltonwood Lake Boone throughout the month of March to see who can score the most baskets. Please join Matt on Mondays at 2:30pm in the fitness center to compete or cheer us on!

Next, we will welcome back Amy O’Keefe for a lecture on the “Explorers of the Silk Road” on March 7<sup>th</sup> 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 March 20<sup>th</sup> at 12:00pm. All veterans are welcome to join us for beer and pizza.

Finally, with the Spring season comes baseball! Join us on March 28<sup>th</sup> at 2pm for our Major League Baseball kickoff event. There will be concession snacks and a special appearance from North Carolina State Mascot, Mr. Wuf. Go Pack! We 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
- 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
- Lauren Higdon  
Marketing Manager
- Destiny Perkins  
Move-In Coordinator
- Latoya Rodriguez  
AL Wellness Coordinator
- Shuvayi Vereen  
MC Wellness Coordinator



FRIENDS & FAMILY REFERRAL PROGRAM!



## 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



## FEBRUARY HIGHLIGHTS

2

Go Red Fashion Show

We had a blast rocking our red and all strutted down the runway.

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

Family Night

Thank you to everyone for joining our family bingo night.



## 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!



## EXECUTIVE DIRECTOR CORNER

Welcome March! We can’t wait to spring forth as March 19<sup>th</sup> 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 18<sup>th</sup>, at 3:00pm.

Thank you, Nadia Awah

03