



OUTING SCHEDULE

Monday, April 1st

- 10:30am- Hallmark to read funny cards
- 1:30pm- NC Museum of Art

Monday, April 8th

- 11:00am- Mustang Charlie's Retro Diner

Monday, April 15th

- 10:30am- Eva Perry Regional Library
- 1:30pm- Downtown Cary Park

Sunday, April 21st

- 12:30pm- Fred Fletcher Park for Dementia Awareness Festival & Walk

Monday, April 22nd

- 10:30am- JC Raulston Arboretum

Monday, April 29th

- 1:30pm- Scenic Ride with Mary



\$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!

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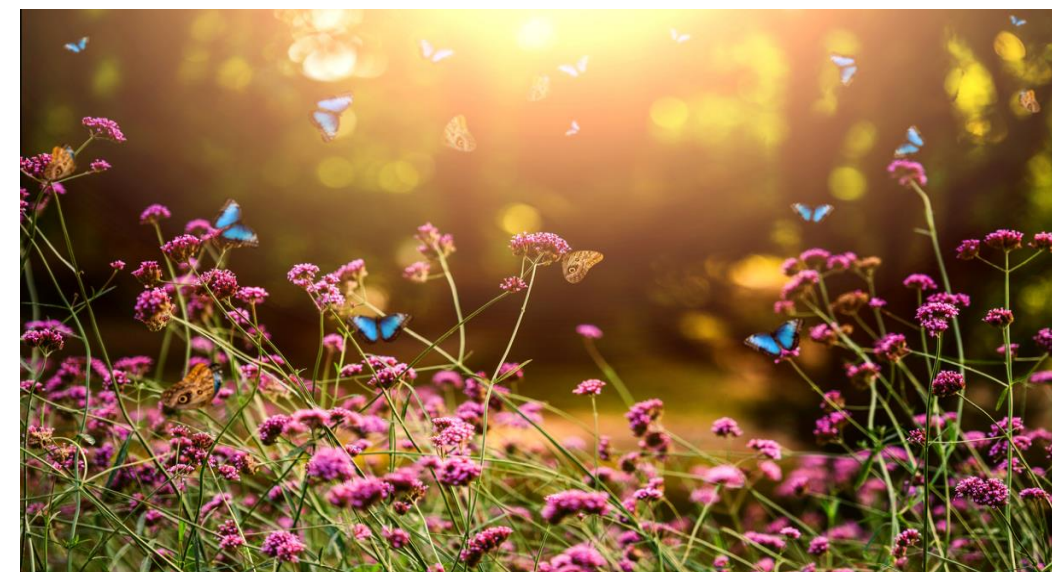
CARY PARKWAY CONNECT



APRIL 2024

ASSISTED LIVING

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



BLOOM INTO APRIL

Happy April! We're dancing into the month with the Little German Band! We're excited to have them back for the second year in a row. Join us with your dancing shoes on April 7th at 2pm for this can't miss music performance.

Next, we're hosting our 2nd annual March Madness Picnic with Waltonwood Lake Boone. Join us for all the delicious picnic fixings on April 17th at 11:30am as we announce the lucky basketball winners. This month we'll be partnering with Dementia Alliance to join the walk to de-feet dementia at Fred Fletcher Park. We can't wait to show our support with our residents on April 21st.

Next, we'll be celebrating Earth Day with a Memorial Tree Ceremony. We will be planting a tree in honor of our residents who are no longer with us. Please join us for this heartfelt ceremony on April 22nd at 2pm.

With the Spring season comes warm weather! We'll be taking full advantage of the beautiful weather with a picnic at Bass Lake. Finally, we'll be ending the month with our Waltonwood Derby on April 30th at 2pm. Join us to root for our staff as they race on their horses for big prizes! Come experience this 'mane' event and see who will rein in first place! We hope you will join us for all the fun as we spring into April!

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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!

ASSOCIATE SPOTLIGHT

Matt Howes is our April associate of the month! Matt is a valued member of our life enrichment team. Matt has worked at Waltonwood for over a year now. Matt is a huge team player and always lends a helping hand to others. Matt is originally from Chapel Hill, North Carolina. When he's not at work he enjoys spending time with his family and two brothers, Max and Jon. His favorite hobbies are disc golf, running, and rooting for UNC Chapel Hill, his favorite basketball team. Go Tar Heels! Our residents love Matt and his willingness to help wherever he is needed. Thank you, Matt, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family.



FOREVER FIT: FIT AND FLEXIBLE

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

-Chris G., Senior Forever Fit Manager



EXECUTIVE DIRECTOR CORNER

Welcome April! The beauty of spring is in full effect with warm days and blooming flowers. April 22nd marks the 54th anniversary of Earth Day. Earth Day is an annual event to promote awareness and support for environmental protection.

Earth Day Tip: Simple things such as water conservation can help conserve our planet. Limiting water usage by using your dishwasher instead of hand washing, turning off the water while you brush your teeth, and taking shorter showers. Small changes in our daily routines can make big change overtime to keep our planet habitable and clean.

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

Thank you, Nadia Awah

MARCH HIGHLIGHTS

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Women of Waltonwood Showcase

Residents shared meaningful items during the month of March.

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Taste of Waltonwood

Residents got crafty and creative with beautiful fruit bouquets.



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Read Across America
We loved reading to the kids at Cary Heights KinderCare.

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St. Patrick's Day

We celebrated with Leprechaun treats and live Irish music.

