



OUTING SCHEDULE

Friday, April 5th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 12:30pm Captain Stanley's

Friday, April 12th

- 9:00am Lowe's Foods
- 10:30am JC Raulston Arboretum
- 2:00pm Sketchers Outlet

Friday, April 19th

- 9:00am Walmart & Harris Teeter
- 10:30am Bass Lake Picnic
- 2:00pm Lowe's Foods

Wednesday, April 24th

- 4:30pm Lucky 32

Friday, April 26th

- 10:00am Lowe's Food
- 12:30pm State Farmers Market
- 2:00pm Trader Joe's



Resident Birthdays

Jill G.	4/1
Pat B.	4/2
Bill S.	4/3
Charles G.	4/3
Gene G.	4/4
Ginni W.	4/4
Janet K.	4/5
Ursula C.	4/8
Rick T.	4/9
Mary George B.	4/13
John P.	4/20
Margaret S.	4/23
Pauline W.	4/24
Len D.	4/26
Emily E.	4/28
Lee W.	4/28
Lillian L.	4/30

Associate Birthdays

Devone W.	4/1
Veronica H.	4/3
Roxy B.	4/20
Monique K.	4/26
Cassandra V.	4/28

Associate Anniversaries

Louise D.	4/3	12yr's
Yami S.	4/6	2yr's
Emma H.	4/8	3yr's
Kevin C.	4/10	1yr
Miran P.	4/11	1yr
Edmond M.	4/12	3yr's
LaKeisha B.	4/18	1yr
Nick L.	4/26	3yr's
Ana R.	4/27	2yr's
Cassandra V.	4/30	10yr's

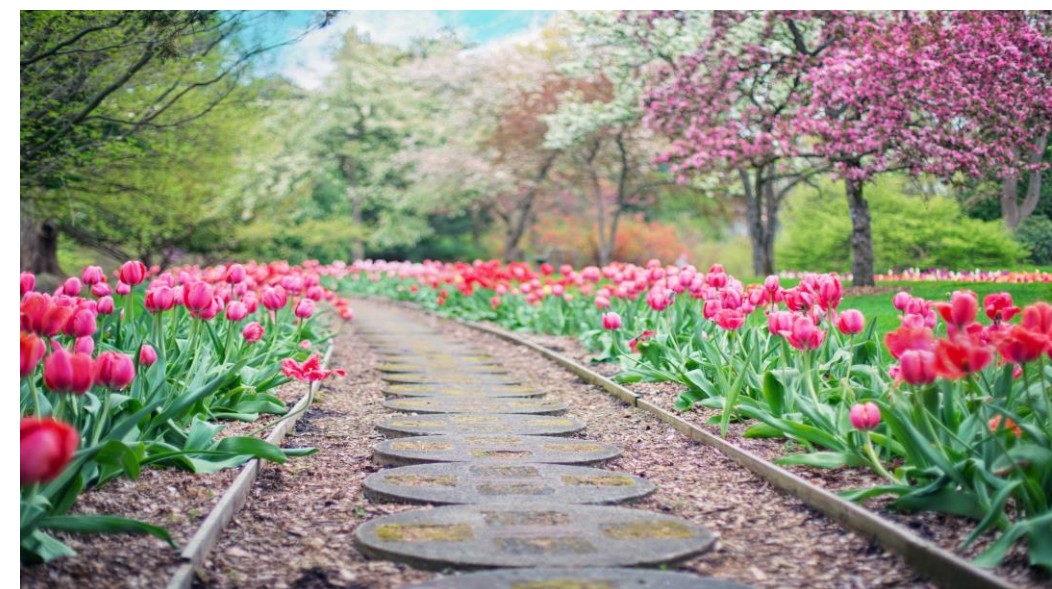
CARY PARKWAY CONNECT



APRIL 2024

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INDEPENDENT LIVING



APRIL IS IN THE AIR

Happy April! We're dancing into the month with the Little German Band! Join us with your dancing shoes on April 7th at 2pm for this can't miss music performance. Next, we'll be hosting a volunteer showcase every Monday at 1pm. Please join us in the theater to share your volunteer experiences.

With the Spring season comes warm weather! We'll be taking full advantage of the beautiful weather with a picnic at Bass Lake on April 19th at 10:30am. Then join us again on April 23rd for a picnic on the patio!

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.

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!

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

\$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!

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



MARCH HIGHLIGHTS

6

Taste of Waltonwood

We enjoyed the delicious and fresh cuisine from our amazing culinary team.

12

Champagne & Crystals

Residents enjoyed showcasing their meaningful jewelry for national jewel day.



12

St. Patrick's Day

We celebrated with Guinness, Shepard's Pie, and live Irish music.

22

Adventure with Vashti

Vashti enjoyed creating and customizing her own lipsticks!



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