



### Resident Birthdays

Lynn G. 4/1

### Associate Birthdays

Devone W. 4/1  
 Veronica H. 4/3  
 Roxy B. 4/20  
 Monique K. 4/26  
 Casandra 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
Casandra V.	4/30	10yr's

## OUTING SCHEDULE

### Wednesday, April 3<sup>rd</sup>

- 10:00am JC Raulston Arboretum
- 1:00pm Scenic Ride

### Wednesday, April 10<sup>th</sup>

- 10:00am Scenic Ride
- 1:00pm NC State Farmer's Market

### Wednesday, April 17<sup>th</sup>

- 10:00am Scenic Ride

### Wednesday, April 24<sup>th</sup>

- 10:30am Picnic at Bass Lake



## \$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



APRIL 2024

## MEMORY CARE

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



## SPRING 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 7<sup>th</sup> at 2pm for this can't miss music performance.

Next, we're hosting our 2<sup>nd</sup> annual March Madness Picnic with Waltonwood Lake Boone. Join us for all the delicious picnic fixings on April 17<sup>th</sup> 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 21<sup>st</sup>.

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 22<sup>nd</sup> 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 on April 24<sup>th</sup> at 10:30am. Finally, we'll be ending the month with our Waltonwood Derby on April 30<sup>th</sup> 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



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 them 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 breathe 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 22<sup>nd</sup> marks the 54<sup>th</sup> 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 15<sup>th</sup>, at 3:00pm.

Thank you, Nadia Awah

## MARCH HIGHLIGHTS

6

Taste of Waltonwood

We enjoyed planting our very own fresh herb garden.

15

St. Patrick's Day

We celebrated with Leprechaun treats and live Irish music.



18

March Madness

Residents shot their shot all month long for our basketball competition.

20

Read Across America

We loved reading to the kids at St. Mary Magdalene's Catholic School.

