

COMMUNITY COMMUNICATION

STAY CONNECTED: INTOUHLINK TV

We have an exciting new app available for residents and families! The new Waltonwood app is called "InTouchLink TV" and can be downloaded from the apple app store or android google play. This app showcases our fun activity schedule and community photos. If you have any questions, please ask Kaitlyn in Life Enrichment. We can't wait to connect with you!

Enjoy the below pics from some popular June Events:



\$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!

RESIDENT BIRTHDAYS

- Walter Cleary 7/7
- Ruth Callahan 7/16

ASSOCIATE BIRTHDAYS

- Yami S. 3
- Keecia M. 6
- Sydney H. 9
- Edward A. 12
- Chaunessa W. 13
- JR S. 15
- Tyra M. 18
- Tyeisha "Turk" C. 21

ASSOCIATE ANNIVERSARIES

- Yenifer Alvarez 1yr
- Targie Gonzalez 1yr
- Janet Stark 3yrs
- Syndey Hunt 1yr
- Missy Robbins 4yr
- Tyric Whitfield 1yr



FRIENDS & FAMILY REFERRAL PROGRAM!

CARY PARKWAY CONNECT



JULY 2024

ASSISTED LIVING

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



JUMPING INTO JULY

Happy July! We're kicking off the month by celebrating Independence Day. Come show off your red, white, and blue during our Independence Day Cookout on July 3rd at 11:00am in the Assisted Living Courtyard. Come enjoy grilled food, patriotic sweet treats, and much more! We hope to see you there to celebrate.

Next, join us on Tuesday July 9th for our Waltonwood Splash Park. We will cool down from the summer heat with water games and hydrating treats with our Forever Fit Coordinator, Matt!

Get ready to get glamorous for our Gorgeous Grandma Pageant on July 16th. We will start the day with makeovers by Mary Kay Makeup. We will then show off our new looks as we walk down the runway with youth pageant queens. This is an event you won't want to miss!

Lastly, join us for our 'Christmas in July' event! Santa is coming early this year to celebrate! We're inviting kids to enjoy crafts, story time, and fun games with Santa and Mrs. Claus! We hope you will join us for all the fun that July has to offer!

COMMUNITY MANAGEMENT

- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Michael Quinn
Environmental Services Manager
- Kevin Crane
Culinary Service Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Wood
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Nick Long
Marketing Manager
- Olu Williams
Marketing Manager
- Latoya Rodriguez
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator
- Donna Orichio
Resident Care Manager

NEW ASSOCIATE SPOTLIGHT

Welcome Olu Williams, our new Marketing Manager! Olu was born and raised in Miami, Florida. Olu's favorite hobbies are hiking, kayaking and rooting for his favorite teams the Lakers and the Florida State Seminoles! Olu loves all things outdoors and sports! When Olu isn't working, he coaches football for kids! He loves coaching his 9-year-olds and high school teams. Fun fact about Olu: he has visited every Caribbean Island! Olu's family is from the Caribbean and he loves spending quality time with them. We're happy to have Olu join our Waltonwood family!



TRANSPORTATION INFORMATION

Mary, Sabrina and Shantel have been busy orchestrating the Monday outings. On the calendar for June was JC Raultston Arboretum, RDU Observation Deck, Movie Theater: Summer Camp, Eva Perry Regional Library, Bass Lake Park and Nature Center, and Dairy Queen. Some of the outings were for fun, and some educational, but all were worth it to see the glow on your, the residents', faces. Many residents have been appreciative of the outings whether it's something they wanted to try again, try for the first time or "just to get out and about." We will keep the momentum going in the month of July with more fun trips.

Upcoming planned trips:

- Scenic Ride
- Marla Dorrel Park
- Eva Perry Regional Library
- Belk
- Peak City Retro Diner
- Quilt Shop (in honor of Christmas in July)
- PetSmart Doggie Daycare
- Howling Cow Creamery



JUNE HIGHLIGHTS

01

Camp Waltonwood

We enjoyed helping the little adventurers on their quest in becoming a princess or superhero!

11

Matt's Magical Mini Golf Course

What a fun and creative way to focus on the Forever Fit theme (posture) of the month.



13

Father's Day Dinner

Dads and dad figures enjoyed family coming in to celebrate them while Dennis R. tickled the keys.

14

Father's Day Sock Hop

Residents had a blast reminiscing on sock hops with soda floats, fries and rockin' music!



JULY SPECIAL EVENTS

03

4th of July Cookout

Chef and his team will wow us with their grilling skills and patriotic display at this outdoor feast.

09

Waltonwood's Splash Park

Let's work on the Forever Fit theme of the month, hydration, in this fun and creative way. There will be games and more.

16

Gorgeous Grandma Event

Little pageant misses will show us how to own the runway as we celebrate all of our gorgeous residents!

31

Christmas in July Comm. Event

Let's welcome Santa and Mrs. Claus as they share the tales from the North Pole. Be good for goodness sake!



EXECUTIVE DIRECTOR CORNER

Welcome July! This month we welcome patriotic celebrations, cookouts with friends, and summer vacations!

Seasonal Tip: Independence Day is fast approaching! Grilling and fourth of July go hand in hand. Get your sparklers, fireworks, and grills ready for summer fun. Always be cautious when igniting any fireworks or grill and remember to have water close by. And enjoy celebrating all month long!

Thank you, Nadia Awah

HEALTH IN THE HEAT

While healthy hydration habits are important year-round, they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. Making small, subtle changes can greatly improve our ability to adapt and help our bodies better tolerate the summer heat. Having fluids nearby to drink throughout the day, avoiding strenuous outdoor activities during the peak hours of the afternoon and wearing appropriate clothing that allows for good circulation, you can help cut down on dehydration and keep us feeling comfortable and safe on the hottest summer days.

-Chris G., Senior Forever Fit Manager