



## OUTING SCHEDULE

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

- 10:00am Marla Dorrel Park
- 2:00pm Scenic Ride

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

- 10:00am Scenic Ride
- 1:30pm Farmers Market

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

- 11:00am Lunch Outing: Mellow Mushroom

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

- 10:00am Scenic Ride
- 1:30pm Goodberry's Ice Cream

### Wednesday, July 31<sup>st</sup>

- 10:00am Scenic Ride

## Resident Birthdays

Mimi H.	7/11
Bonnie L.	7/22
Robert B.	7/27

## Associate Birthdays

Yami S.	7/3
Keecia M.	7/6
Anna C.	7/8
Sydney H.	7/9
Edward A.	7/12
Chaunessa W.	7/13
JR S.	7/15
Tyra M.	7/18
Tyeisha C.	7/21

## Associate Anniversaries

Dayanara D.	1yr
Yenifer A.	1yr
Targie G.	1yr
Veronica H.	1yr
Janet S.	3yrs
Sydney H.	1yr
Missy R.	4yrs
Tyric W.	1yr



# CARY PARKWAY CONNECT



JULY 2024

## MEMORY CARE

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



## LET FREEDOM RING

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 3<sup>rd</sup> 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 9<sup>th</sup> 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 16<sup>th</sup>. 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
- Kevin Crane  
Culinary Service Manager
- Michael Quinn  
Environmental 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
- Destiny Perkins  
Move-In Coordinator
- Donna Orichio  
Resident Care Manager
- Latoya Rodriguez  
AL Wellness Coordinator
- Shuvayi Vereen  
MC Wellness Coordinator



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$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!

**WELCOME OLU!**

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!



**FOREVER FIT: 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*

**JUNE HIGHLIGHTS**

1

Camp Waltonwood  
Kids enjoyed our Super Hero and Princess Camp filled with pony rides, face painting, golf cart ride with superman and more!

10

Happy Birthday Nancy!  
Nancy celebrated with a BINGO themed party!



13

Happy Birthday Anita!  
Anita enjoyed a Barbeque lunch with her family.

13

Father's Day Family Dinner  
Residents enjoyed a delicious Father's Day dinner from our culinary department.



**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