

COMMUNITY COMMUNICATION



RESIDENT BIRTHDAYS

*Currently no birthdays this month

ASSOCIATE BIRTHDAYS

- A. Stephen 24-Sep
- B. Sabrina 12-Sep
- D. Willie 29-Sep
- H. Emma 10-Sep
- H. Jakasia 17-Sep
- H. Sharon 24-Sep
- J. Ramin 19-Sep
- K. Virginia 24-Sep
- L. Denise 30-Sep
- S. Catalina 23-Sep
- W. Vance 21-Sep
- W. Jaicere 9-Sep

ASSOCIATE ANNIVERSARIES

- A. Kailan 1 year
- D. Luz 3 years
- W. Ilva 8 years
- M. Cynthia 10 years
- V. Shuvayi 10 years
- H. Deitra 13 years
- W. Vance 13 years
- B. Martha 14 years
- F. Tina 15years



FRIENDS & FAMILY REFERRAL PROGRAM!

STAY CONNECTED: INTOUHLINK TV

We have an exciting 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 our Waltonwood Cary Olympics:



\$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



SEPTEMBER 2024

ASSISTED LIVING

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



HERE COMES THE AUTUMN BREEZE...

Happy September! We hope you are enjoying the end of summer. August was a great month filled with lots of celebrations and we can't wait to welcome fall fun!

We will kick off the month with our Quick Connections Grandparents Social! Please join us on Monday, September 3rd for an afternoon of bonding with your family in honor of National Grandparents Day. Please invite your family to join in on the fun!

Next, will be Assisted Living Week! We are excited to show our gratitude towards our amazing staff and residents. This year's theme is Inside Out! Each day will reflect a different color, emotion, and exciting event for residents and staff. We have a fun filled week of games, delicious food, and more!

Lastly, Election time is just around the corner. Please join us on Tuesday, September 17th at 1:00pm in the Players Club to receive assistance from the MAT Team to request an absentee ballot.

We hope you will join us for all the fun as we wrap up this delightful summer season!

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

ASSOCIATE SPOTLIGHT

Erin Himes is a dining server and has worked at Waltonwood for a year and a half. She is originally from Cleveland, Ohio, and has two young children. In her spare time she enjoys her hobbies of reading and painting. Her father was in the Navy, so growing up she traveled to 26 of the 50 US states. She has a goal to visit the other 24 states in the future. Erin has a positive attitude and always has a smile on her face. She goes above and beyond to help care for our residents and is a team player. We are grateful to have Erin on our culinary team.



TRANSPORTATION INFORMATION

Mary, Sabrina and Shantel have been busy orchestrating the Monday outings. On the calendar for August was Bond Park, Cary Arts Center, Wendys, Eva Perry Regional Library, Dorca's Thrift Shop, and Annelore's German Bakery. 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 September with more fun trips.

Upcoming planned trips:

- Spring Haven Farm
- Bass Pro Shop (Waterfall Viewing)
- Corbett's Burger and Soda Bar
- Eva Perry Regional Library
- Pullen Park
- SPCA



SEPTEMBER SPECIAL EVENTS

06

Waltonwood Cary's Summer Olympics

We enjoyed competing head to head in competitive events for a chance to win and take home the gold!



03

Quick Connections Social

In honor of Grandparents Day we ask that you invite your family for a time of fun and bonding!

8-14

AL Week

We will honor residents and staff with fun and quirky events to include carnival day, spa day and more. Let's all have a good time!



20

Project Pillowcase

Residents enjoyed learning about this project and their ability to give back to such a worthy cause.

28

Razzmatazz Senior Dance Troupe

We were in awe as the ladies in their Golden Years sparked as they kicked and twirled.



24

Cannoli Creations

Heard of a cannoli? I'm sure you have, but have you ever made a cannoli, well come on down to GCS on this date and give it a try.

30

Bingo Auction!

You have been earning Waltonwood Bucks all quarter long and now is the chance to spend them!

EXECUTIVE DIRECTOR CORNER

Welcome September! The autumn season is upon us.

Seasonal Tip: This season provides many opportunities to enjoy outdoor activities. Nature walks, apple picking, and corn mazes are fun ways to stay active this upcoming fall season. Please join us in celebrating our staff and residents during National Assisted Week. Celebrations will take place from September 9th through the 13th. We can't wait to celebrate our associates and residents!

Thank you, Nadia Awah

Aches, pains, sprains and strains are all just a common part of daily life. How we manage them however can have a much greater impact on our long-term health and wellbeing. Exercise is important, sleep is essential and our bodies are constantly sending us signals and messages that act as a signpost of when we need to move more and when we need to simply rest. Listening to these feelings is crucial to taking care of ourselves and making our self-health a top priority. You are the one true expert on your own body so be attentive, be truthful and listen to the messages that your body is giving you.

-Chris G., Senior Forever Fit Manager