

COMMUNITY COMMUNICATION

STAY CONNECTED: INTOUHLINK TV

We have an exciting app available for residents and families! The 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 Assisted Living Week:



\$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

Robert Robinson	3
Gwen Cleary	6
Ann Baker	7
Doris Butler	20

ASSOCIATE BIRTHDAYS

Marlene O.	4
Erin H.	5
Madeleine G.	6
Phillip O.	15
Janet S.	19
Krystal M.	26

ASSOCIATE ANNIVERSARIES

Roxy B.	5
Mary O.	12
Aylin A.	2
Ashleigh W.	2
Kate H.	3
Nadia A.	4
Ashley C.	1



FRIENDS & FAMILY REFERRAL PROGRAM!

CARY PARKWAY CONNECT



OCTOBER 2024

ASSISTED LIVING

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



PUMPKIN SPICE AND EVERYTHING NICE...

Happy October! Fall has officially arrived and there are lots of great seasonal events on the horizon. To kick off the month, we will be celebrating Active Aging Week. Each day we will explore a different country by learning their traditional and unique sports. We will begin our journey in Germany, where we will celebrate Oktoberfest. Our travels will conclude in Poland, as we dance to Polish music and enjoy traditional polish cuisine.

Next, join us for Family Night on October 15th at 6:00pm. We will have a live performance by Corey Ward, who was featured on a popular tv show, The Voice! There will also be a french fry bar from our culinary department, music trivia, and raffle prizes. We hope to see you there!

We will wrap up the month with all things spooky! Join us on October 30th at 6:00pm for our trick or treat parade. We invite grandchildren and great grandchildren ages 4-12 to dress up in their best Halloween costume for trick or treating, refreshments, themed games and more.

We will keep the fun going on October 31st with our Halloween Social. Come enjoy themed refreshments and a live Magic Show by Magician Steven Perry. I hope you will join us for all the fun as we jump into the fall 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
- Kristen Gallaro
Move-in Coordinator
- Latoya Rodriguez
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

Please congratulate Willie Dunmeyer as our Associate of the Month. Willie is one of the talented cooks here at Waltonwood. Willie was born in the Latin American country of Panama and raised in the waterfront city of Norfolk, Virginia. Willie comes from a big family and is the youngest of 7 children. He is a recent father to his handsome young boy, Eli. Willie loves to cook in his spare time. He especially enjoys creating delicious meals for our residents. Fun fact: Willie is coming up on his 14th year anniversary in December. Willie loves his team and all the residents here at Waltonwood. He is a valued member of our Culinary Department.

Thank you, Willie, for all you do for our community!



TRANSPORTATION INFORMATION

Mary, Sabrina and Shantel have been busy orchestrating the Monday outings. On the calendar for *September* was Spring Haven Farm, Bass Pro Shop (Waterfall Viewing), Corbett's Burger and Soda Bar, Eva Perry Regional Library, Pullen Park, and SPCA. 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 *October* with more fun trips.

Upcoming planned trips:

- Petsmart
- Bond Park
- Silver Saddles Therapeutic Horse Farm
- Eva Perry Regional Library
- Halloween Scenic Drive
- Spirit of Halloween Costume Shop



SEPTEMBER HIGHLIGHTS

08

Assisted Living Week-
Spa Day

We relaxed with neck warmers, eye masks, hand massages and more!

11

Assisted Living Week-
Nostalgia Day

We watched a presentation from January to now and ate Retro snacks!



12

Assisted Living Week-
Joy Day

We experienced great joy as we danced, ate snow cones and buttery popcorn!

13

Assisted Living Week-
Disgust Day

We enjoyed as staff put their stomachs and bravery to the test on this "icky" day!



ACTIVE AGING WEEK

As we once again transition from September to October, it also means it's time for Active Aging Week. In its 21st year, the week-long event highlights the need and importance of actively aging as we celebrate older adults' contributions and promote healthy lifestyles through engaging wellness programs. Each Waltonwood community will display what Active Aging means to them, and if there's anything we know active aging can look very different to different people. Starting Monday September 30th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

-Chris G., Senior Forever Fit Manager

OCTOBER SPECIAL EVENTS

01

Oktoberfest

We will hoist the stein, eat foods from Germany, and dance like no one is watching at this fun-filled energetic event!

16

Flu Clinic followed by Horse Farm

We will flee the flu and rest up before heading to the horse farm to groom the beautiful giants and watch them prance!

29

Pumpkin Carving Demo

We will watch as a culinary specialist carves a jack-o-lantern right before our very eyes; then we will enjoy a slice a pie!

30

Halloween Trick-or-Treat Parade

We will watch as the littles parade around in their cute or spooky costumes as we give them candy!



EXECUTIVE DIRECTOR CORNER

Welcome October! The fall season is upon us.

Seasonal Tip: This season provides many opportunities to try delicious autumn food! Pumpkins, apples, sweet potatoes, and cranberries are all fresh fall foods available. These full of nutrients food are great for pies, seeds, and side dishes. We can't wait to provide our residents with scrumptious seasonal dishes!

Thank you, Nadia Awah