



## COMMUNITY COMMUNICATION

### STAY CONNECTED

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!



We would also like to remind you that it is cold and flu season. Please be diligent with washing your hands thoroughly, using soap and water, as well as reporting any cold-like symptoms to staff. Stay safe this holiday season!

### \$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!

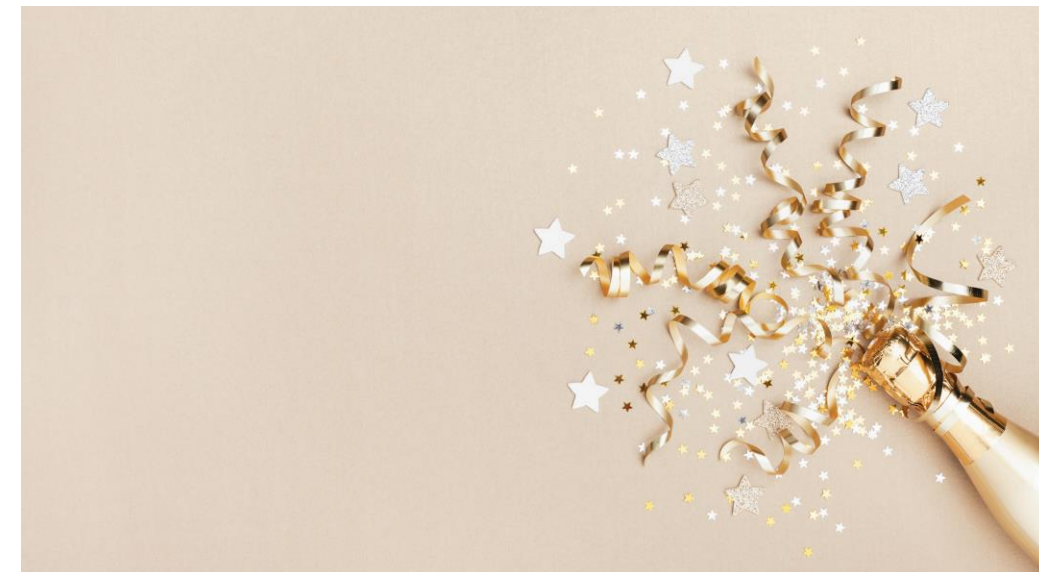
# CARY PARKWAY CONNECT



JANUARY 2025

## ASSISTED LIVING

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



## NEW YEAR, NEW BEGINNINGS

Happy New Year! We are kick-starting 2025 with music therapy! Join us on January 3<sup>rd</sup> and 17<sup>th</sup> at 9:45am. We can't wait to see what fun Amanda, the music therapist, has in store!

Next stop, Dollywood! Join us on January 17<sup>th</sup> at 1:30pm as we celebrate the legendary Dolly Parton's birthday! We're celebrating with our first annual Waltonwood to Dollywood event! Join us for square dancing, Dolly's favorite foods, and more country-style fun.

This month we welcome the return of "Noodle Ball"! Join us for our 2<sup>nd</sup> annual Noodle Ball tournament on January 21<sup>st</sup> at 3:30pm. Get your teams ready!

New Year, new socials! January brings winter wonderland, rock and roll, France, and more! Join us each Tuesday at 2pm as we learn and celebrate these events. Lastly, please join us for our 2<sup>nd</sup> annual Martin Luther King "I Have a Dream March" on January 20<sup>th</sup> at 2:30pm. We can't wait for all the 2025 fun!

### Resident Birthdays

Anthony G.	1/11
Lee B.	1/11
Irene M.	1/26

### Associate Birthdays

Joseph M.	1/2
SaQudra	1/2
Alihera S.	1/3
Peggy B.	1/3
Olu W.	1/3
Savanna C.	1/5
Yeraldin D.	1/5
Shea C.	1/13
Rachel A.	1/17
Joseph M.	1/20
Angeka G.	1/21
Nadia A.	1/21
Louise D.	1/28
Missy R.	1/29
Kaitlyn D.	1/31

### Associate Anniversaries

Marlene O.	1/2	3yrs
Matt H.	1/9	2yrs
Sabrina B.	1/15	1yr

## COMMUNITY MANAGEMENT

- Nadia Awah  
Executive Director
- Tina Forsythe  
Business Office Manager
- Stephen Autry  
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
- Olu Williams  
Marketing Manager
- Kristen Gallaro  
Move-In Coordinator
- Erica Richards  
Resident Care Manager
- Latoya Rodriguez  
AL Wellness Coordinator
- Shuvayi Vereen  
MC Wellness Coordinator

# ASSOCIATE OF THE YEAR

William Semidey is our associate of the year! William is a valued member of our housekeeping team. William has worked at Waltonwood for over three years. When William isn't working, he loves exercising, spending time with family and cheering on his favorite baseball team, the Yankees. William's fun fact is that he is originally from Puerto Rico! William is a huge team player and always lends a helping hand to others. William keeps our community looking beautiful and clean. Thank you, William, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family!



# TRANSPORTATION INFORMATION

Mary, Sabrina and Shantel have been busy orchestrating the Monday outings. On the calendar for *December* was the Rudy Theater, McDonalds, Santa's Wonderland Bass Pro Shop, Cary Heights KinderCare, Cary Quilting Company, and PetSmart. 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 *January* with more fun trips.

- Upcoming planned trips:
- Movie Theater "Mufasa" Movie
  - IHop
  - And more fun winter outings!



# DECEMBER HIGHLIGHTS

3

Gingerbread Houses  
Residents enjoyed creating & designing their own gingerbread houses.

12

Holiday Caroling  
Residents brought cheer throughout the halls when they went door to door singing!



16

Kids Caroling  
Residents enjoyed listening to Grace Christian School's holiday recital.

19

Holiday Family Dinner  
Residents and families enjoyed a delicious array of holiday food and desserts.



# DECEMBER SPECIAL EVENTS

2

Rudy Theater  
Residents enjoyed watching the Christmas Jubilee show!

17

Snowball Fight  
Residents enjoyed our fitness snowball fight with Matt!

26

Hanukkah History  
Residents enjoyed learning about the traditions of Hanukkah.

31

New Year's Social  
Residents enjoyed ringing in the New Year with treats & games!



# AN OPEN INVITATION

As another hectic holiday season slowly fades, we once again find ourselves transitioning back into those routines that we're used too. Sometimes that's a much-welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. This January, I'd like to extend you an open invitation. A opportunity to kick-start your daily routine by improving the way you move, think and feel. Consider this your personal invitation to join our Forever Fit exercise program here at Waltonwood. Open to all residents, our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe, enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year give exercise a try! It just might be one of the best things you can do to keep happy and healthy in the New Year!

-Chris G., Senior Forever Fit Manager

# EXECUTIVE DIRECTOR CORNER

On behalf of the Leadership Team at Cary Parkway, we want to wish you all a Happy New Year! We are eager to start a new year and chapter with you at Waltonwood. We are looking forward to all the new memories and special occasions that will accompany the new year.

January Seasonal Tip: Bundle up with plenty of layers during our coldest month of the year. Wool and fleece especially will help keep you warm and cozy during the winter season. And accompany those with a nice hot cup of coca or coffee!

Thank you, Nadia Awah