



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!

Resident Birthdays

Irene K.	4/2
Anne G.	4/15
Wanda R.	4/19
Nancy L.	4/23

Associate Birthdays

Devonte W.	4/1
Truster H.	4/13
Narcisa B.	4/20
Casandra V.	4/28

Associate Anniversaries

Tunde A.	4/3	1yr
Louise D.	4/3	12yrs
Yami S.	4/6	2 yrs
Savitri M.	4/10	12yrs
Miran P.	4/11	3 yrs
Edmond M.	4/12	4 yrs
Nick L.	4/26	4 yrs
Johanna C.	4/29	1 yr
Casandra V.	4/3	10 yrs



We would also like to remind you that it is still 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.

\$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



APRIL 2025

ASSISTED LIVING

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



SPRING INTO APRIL

Happy April! Spring has officially sprung. We will kick off this wonderful season with a performance by The Little German Band. Join us in the Cafe with your dancing shoes on April 6<sup>th</sup> at 2:00pm.

Next is our annual Easter Egg Hunt on April 15<sup>th</sup> from 2-3:30pm. We invite children ages 4-12 to hunt eggs, play games, and enjoy themed refreshments. Please RSVP kids at the front desk or call us here at the community to sign up. The Easter festivities will continue on April 17<sup>th</sup> with our Easter Dinner. We invite you and your family to join us for a delicious dinner prepared by our culinary team. We look forward to seeing you for all the Easter fun!

Next, we will honor Earth Day with our Memorial Tree Ceremony. We will be planting a tree in memory of our beloved residents who are no longer with us. Please join us for this heartfelt ceremony on April 22<sup>nd</sup> at 2:00pm.

Finally, we will wrap up the basketball season with our 3<sup>rd</sup> annual March Madness Picnic with Waltonwood Lake Boone. Join us on April 23<sup>rd</sup> at 11:30am for a delicious picnic style lunch as we announce this year’s lucky March Madness champions. We hope you will join us for all the fun as we spring into April!

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
- Brandy Kawadza  
AL Wellness Coordinator
- Shuvayi Vereen  
MC Wellness Coordinator



ASSOCIATE OF THE MONTH

Marlene Ogle is our Associate of the Month. Marlene is a valued member of our Life Enrichment Team. She has been with Waltonwood for 3 years and does an amazing job helping to enrich the lives of our memory care residents. Marlene grew up in a military family, and was born in Camp Lejeune. In her free time, she loves to watch football and is a big Kansas City Chiefs Fan. She also enjoys the beach, traveling, and catching up on reality TV. Marlene is a hard worker and loves her memory care residents. She is always coming up with fun and new ideas to keep them engaged. Thank you, Marlene, for all you do!



MARCH HIGHLIGHTS

4	10
Mardi Gras Parade	Taste of Waltonwood
Residents celebrated Mardi Gras in style with beignets, live music, and marching in our parade!	Residents enjoyed the delicious array of desserts and food by our amazing culinary team.
13	17
Kara’s Adventure	St. Patrick’s Day Social
A special memory was made with a personalized cooking class and apron!	Residents enjoyed live Irish music, Sheppard’s pie, and Guinness!



THE PERFECT PAIR

A strong body starts from the ground up and choosing the right shoes is key part of keeping our feet healthy. Correctly fitting shoes can help to reduce foot, knee, hip and back pain and promote healthy circulation. Shoes with low-padded heel drops, proper arch support and wide bases with good traction can also drastically help to reduce the risk of falls. As we age it’s not uncommon for our feet to also get wider and flatter. Nearly 1/3 of seniors will suffer from chronic foot pain much of which is caused by ill fitted footwear. Having your feet accurately measured by professionals who specialize in shoes for seniors can help to ensure a well fitted shoes and feet that will feel the difference.

-Chris G., Senior Forever Fit Manager

TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *March* was Eva Perry Regional Library, Paris Baguette Bakery, Doherty’s Irish Pub, and smelling the flowers at Logan’s Garden Shop! Some of the outings were for fun, and some educational, but all were worth it to see the glow on the residents’ faces. Many residents have appreciated our 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 for *April* as we enjoy more fun trips!

- Upcoming planned trips:
- Mellow Mushroom
  - Eva Perry Regional Library
  - Bass Lake Park and Nature Center
  - Cary Heights KinderCare
  - Petsmart
  - Perfect Piece Gift Shop
  - Spring Haven Farm



APRIL SPECIAL EVENTS

6	15
Little German Band	Easter Egg Hunt
Get your dancing shoes ready as we enjoy German dancing and music!	Bunny treats, egg hunt, and easter themed games will be enjoyed by kids!
22	23
Memorial Tree Ceremony	March Madness Picnic
We will be honoring our beloved residents we have lost.	Let’s celebrate our basketball competition at Lake Boone!



EXECUTIVE DIRECTOR CORNER

Welcome April! The beauty of spring is in full effect with warm days and blooming flowers. April 22<sup>nd</sup> marks the 54<sup>th</sup> anniversary of Earth Day. Earth Day is an annual event to promote awareness and support for environmental protection.

Earth Day Tip: Simple things such as water conservation can help conserve our planet. Limiting water usage by using your dishwasher instead of hand washing, turning off the water while you brush your teeth, and taking shorter showers. Small changes in our daily routines can make big change overtime to keep our planet habitable and clean.

Thank you, Nadia Awah