



OUTING SCHEDULE

Resident Birthdays

Lynn G.	4/1
Jill G.	4/1

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

Wednesday, April 2<sup>nd</sup>

- 10:00am Scenic Ride
- 1:30pm Duck Donuts

Wednesday, April 9<sup>th</sup>

- 10:00am Scenic Ride
- 1:30pm Read Across America at St. Mary Magdalene

Wednesday, April 16<sup>th</sup>

- 11:00am Lunch Outing: Farmers Market Restaurant

Wednesday, April 23

- 11:00am March Madness Picnic at Waltonwood Lake Boone
- 2:00pm Scenic Ride

Wednesday, April 30

- 10:00am Scenic Ride
- 1:30pm JC Raulston Aborteam



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

CARY PARKWAY  
CONNECT



APRIL 2025

MEMORY CARE

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



SPRING HAS SPRUNG

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 Independent Living 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 enjoyed themed refreshments. Please RSVP 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 department and live dinner music by Teresa Smith. I 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. I 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 March 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

Mardi Gras Parade

Residents celebrated Mardi Gras with a parade featuring Athens Highschool Band!
- 7

Music Therapy

Residents enjoyed singing along with Amanda during music therapy!



- 12

Taste of Waltonwood

Our culinary department showed off their skills at Taste of Waltonwood!
- 17

St. Patrick's Day!

Residents showed off their green on St. Patrick's Day!



FOREVER FIT: 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



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 plant. 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