



COMMUNITY COMMUNICATION

MEET YOUR NEIGHBOR

Ruth C. has been a valued member of the Waltonwood community for many years. She’s often heard commenting on residents and staffs’ attire for its beauty and craftsmanship. Ruth has called Kentucky, Florida and most recently North Carolina her home. In young adulthood she enjoyed sewing. In middle adulthood she became an Elementary teacher and later a Homemaker. Ruth has 4 lovely kids: Priscilla (Maryland), Pamela (Apex), Charles (Beach), and Patrice (Deceased).

Ruth loves to read and can often be seen with a newspaper or book in her hand.

Ruth celebrates her 100th birthday on July 16th, so be sure to wish this Centurian a very Happy Birthday when you see her!



\$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!

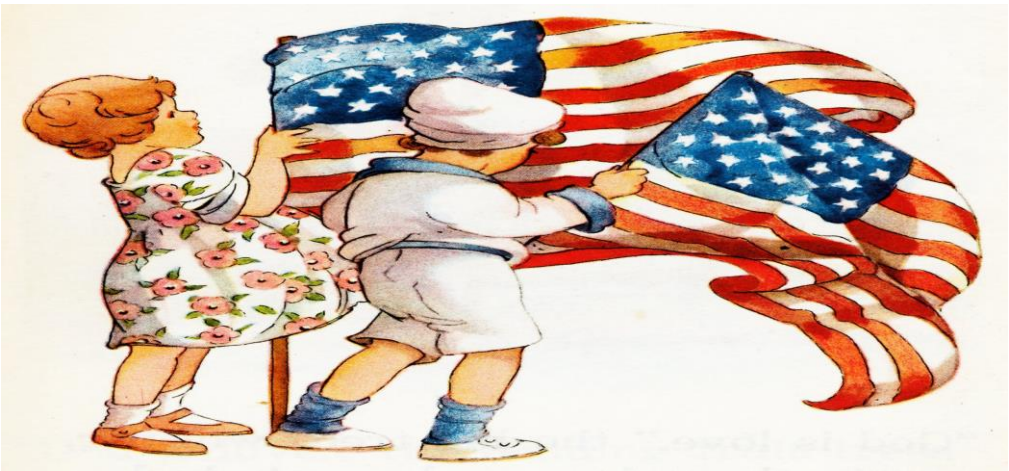
FRIENDS & FAMILY REFERRAL PROGRAM!

CARY PARKWAY CONNECT



JULY 2025

ASSISTED LIVING



LET FREEDOM RING!

Happy July! Summer is in full swing, and we have many great events planned. Join us on July 3rd at 2:00pm for our Patriotic Happy Hour. Come celebrate Independence Day with themed treats and patriotic music by Caroline Gregory.

Next, we will celebrate national “Drink a Coca-Cola Day” with our Coca-Cola Social. Join us on July 8th at 2:00pm as we cool down with refreshing soda floats and learn the history behind one of Americas most popular soft drinks.

We’re hosting our Lovely in Lavender Soiree! Join us for glitz, glamour, and delicious appetizers on July 17th at 2pm. Stations to include: beautify your bag, create your own corsage, and more! We can’t wait to see you there.

Lastly, 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 Ashleigh or Shantel in Life Enrichment. We can’t wait to connect with you!

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

COMMUNITY MANAGEMENT

- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Michael Quinn
Environmental 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
- Douglas Thurston
Marketing Manager
- Olu Williams
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Brandy Kawadza
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

Meet Doug Thurston, our new Marketing Manager! We're so excited to have Doug join the Waltonwood family. Doug is originally from Sarasota, Florida. He relocated to Cary, NC two years ago to be closer to family. He has a Bachelors in Business Administration and has worked in the restaurant business for over 15 years. It's no surprise that Doug has a passion for cooking, his favorite cuisine to cook is Italian! When Doug's not at work he enjoys exercising, bike riding, gardening, and spending time with his 2-year-old nephew, Weston. Welcome to the marketing team Doug!



JUNE HIGHLIGHTS

11	12
HollySpring Salamanders	Father's Day Celebration!
Residents enjoyed watching as the HollySpring Salamanders crushed the competition.	Father's and dad figures enjoyed grilled food, cold drinks and peppy music by Luke Lowe.
19	21
Honoring Juneteenth	Camp Waltonwood
Residents honored Juneteenth by discussing its history and enjoying a drum circle.	Residents enjoyed this intergenerational event as dogs and kids alike came in to enjoy the festivities. Bark in the Park was a success.



FOREVER FIT: PROPER POSTURE

A Healthy hydration habits are important any time of the year but they become essential during the hot, humid summer months. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and hydrated in the months to come. Making sure there's always fluids nearby to drink throughout the day, eating plenty of water rich fruit and vegetables like cucumber and watermelon, and avoiding strenuous outdoor activities during the peak hours of the afternoon are simple changes that can make a major difference.

-Chris G., Senior Forever Fit Manager

TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for June was Howling Cow Ice-Creamery, Raleigh/Durham International Airport Observation Deck, Legends of Harley Drag Racing Museum, Corbett's Burk and Soda Bar, Rockler Woodworking and Hardware, SPCA Animal Shelter, and PetSmart! 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 July as we enjoy more fun trips!

- Upcoming planned trips:
- Cary Quilting Company (Christmas in July)
 - Cary Arts Center
 - Superman
 - Bass Pro Shop (Waterfall)
 - Urban Air Adventure Park of Morrisville
 - Bruster's Real Ice-cream of Apex



JULY SPECIAL EVENTS

15	16
Generous Day	Ruth the Centurian
Join us as we do a service project to help clear the shelters for adoptable animals!	Ruth turns 100! She has been a treasured resident here for years and we will gather this day to honor her.
17	18
Gorgeous Grandma "Lovely in Lavender"	Christmas in July Themed Happy Hour
This will be the soiree's of all soiree's; get your purple ready and enjoy elegance.	Let's get festive in our Hawaiian gear and sing holiday songs while eating Christmas treats.



"Lovely in Lavender" Gorgeous Grandma Soiree

EXECUTIVE DIRECTOR CORNER

Welcome July! This month we welcome patriotic celebrations, beach weather, and summer vacations!

Seasonal Tip: Independence Day is fast approaching! Grilling and fourth of July go hand in hand. Get your sparklers, fireworks, and grills ready for summer fun. Always be cautious when igniting any fireworks or grill and remember to have water close by. And enjoy celebrating all month long!

Thank you, Nadia Awah