



Resident Birthdays

Mimi H.	7/11
Bonnie L.	7/22

Associate Birthdays

Yammy S.	7/3
Dazmerha E.	7/9
Valerie C.	7/9
Beverly B.	7/10
Chaunessa W.	7/13
Jarrood S.	7/15
Ana A.	7/26

Associate Anniversaries

Daya D.	7/5	2yrs
Missy R.	7/14	5yrs
Janet S.	7/26	4yrs
Tyric W.	7/27	2yrs

OUTING SCHEDULE

Wednesday, July 2nd

- 10:00am Scenic Ride
- 1:30pm Howling Cow

Wednesday, July 9th

- 10:00am Scenic Ride
- 1:30pm NC Science Museum

Monday, July 14th

- 1:30pm Movie Outing

Wednesday, July 16th

- 10:00am Dounts Drive

Wednesday, July 23rd

- 10:00am Scenic Ride
- 1:30pm Petsmart

Wednesday, July 30th

- 10:00am Scenic Ride
- 1:30pm Barnes and Noble



\$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



JULY 2025

MEMORY CARE

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



GOD BLESS AMERICA

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!

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 Hartung
MC Life Enrichment Manager

Dionna Daniels
Independent Living Manager

Nick Long
Marketing Manager

Olu Williams
Marketing Manager

Doug Thurston
Marketing Manager

Kristen Gallaro
Move-In Coordinator

Brandy Kawadza
AL Wellness Coordinator

Shuvayi Vereen
MC Wellness Coordinator

NEW 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!



FOREVER FIT: PROPER POSTURE

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

JUNE HIGHLIGHTS

9

Kindness Council
Residents enjoyed making gifts for CNA week!

11

Holly Springs Salamanders Game
Residents had a great time cheering on the Salamanders!



18

Lunch Outing
Residents enjoyed a delicious lunch at First Watch Restaurant!

21

Camp Waltonwood
We welcomed kids to our 'bark in the park' camp! Kids enjoyed bounce house, fire truck meet & greet, toy pet adoption, & more!



Happy Birthday Joan! (6/21)



Happy Birthday Anita! (6/13)

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