



COMMUNITY COMMUNICATION

MEET YOUR NEIGHBOR

Howard R. has been a valued member of the Waltonwood community for many years. He’s often seen with his wife Joyce during Happy Hour or entertainment. Howard was born in Coatsville, PA to Herbert and Sarah. He enjoyed woodworking and golf throughout his years. He was a Major for 20 years in the US Air Force. He and Joyce have 2 kids: Christine of Cary and David of Chantilly. Howard has been a dog lover and has a special bond with Madi the Therapy Dog, even going to visit her for his adventure while she was out for recovery.

Howard celebrates his birthday on August 21st , so be sure to wish him a very Happy Birthday when you see him!



\$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!

Resident Birthdays

Margaret "Peggy" A.	8/10
Howard R.	8/21
Anne H.	8/23

Associate Birthdays

Lestandion S.	8/4
Eliza L.	8/5
Matthew H.	8/6
Ashleigh W.	8/7
Mary O.	8/10
Jessica C.	8/11
Tyteiona B.	8/19
Kathleen H.	8/21

Associate Anniversaries

Kaitlyn B.	8/5	1yr
Trinity S.	8/8	1yr
Angela G.	8/22	8yrs
Yvette Y.	8/23	14yrs
Casmir W.	8/24	1yr
April B.	8/29	2yrs

FRIENDS & FAMILY REFERRAL PROGRAM!

CARY PARKWAY
CONNECT



AUGUST 2025

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

ASSISTED LIVING



SUMMER’S LAST HURRAH

Happy August! We hope you have had a fun-filled summer. We have many great events planned to wrap up the season. To kick things off, we will be welcoming a local quilting group, “Connecting with Threads. “Join us on August 4th and August 25th at 1:30pm in the Assisted Living Cafe as we learn and master the techniques of quilting.

Next, Join us on August 8th at 2:00pm as we celebrate International Clown Week. We wil welcome CP Clown Tour for their aunnal clown show. You won’t want to miss this vibrant show with song and dance. See you there for all the smiles!

Our our Clear the Shelters Campagin is still in full swing. Join us on August 11th at 1:30pm as we visit Second Chance Pet Adoptions. We will take time to visit some furry friends and drop off some donatoins to the shelter. We will wrap up our campagin on August 15th, with our Dog Days of Summer Happy Hour. Join us for themed refreshments and more!

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
- Timothy Cozart
Culinary Services Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Hartung
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Doug Thurston
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Katisha Russell-Bradley
Resident Care Manager
- Brandy Kawadza
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

Hi, my name is Katisha Russell-Bradley. I have been in the nursing field for approximately five years with providing compassionate and high-quality care in the geriatric, and mid age population. I recently relocated to North Carolina to be closer with my family. I am grateful and eager to be in a rewarding role that displays values and operational excellence. My background includes significant experience in assisted living environments where I developed a strong understanding of operational management principles and best practices. I have a bachelor's degree of Science in Nursing and worked at hospitals, long term care and assisting living settings. I am confident in my ability to contribute meaningfully and align with core beliefs of the Waltonwood community. I love to travel with family, enjoy outdoor activities like camping, and hiking. I absolutely love watching movies. One of my favorite foods are pasta dishes!!! I look forward to meeting everyone on an individual experience.



JULY HIGHLIGHTS

15 16

Generous Day Ruth the Centurian

We enjoyed coming together to 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 gathered this day to honor her.



17 18

Gorgeous Grandma "Lovely in Lavender" Christmas in July Themed Happy Hour

This was the soiree's of all soiree's; get your purple ready and enjoy elegance and class.

We got festive in our Hawaiian gear and sang holiday songs while eating Christmas treats.



FOREVER FIT: PROPER POSTURE

A focal point of the Waltonwood Forever Fit Program is the use of resistance training to significantly improve the quality of life for our residents. A key component in establishing long-term health and independence lies in our ability to maintain muscle strength as we age. Research indicates a direct relationship between aging and the loss of muscle, decrease in bone density and diminished level of physical function. In fact, the average person over the age of fifty can experience a 15%-20% loss in muscle strength per decade in the absence of regular exercise. Whether exercise machines, dumbbells, bands or body weight, resistance training has been shown to dramatically improve over health and well-being while delaying muscular atrophy, increasing bone density and improving balance and coordination. Start slow, build gradually and stick with it. Improvements take time but it's those improvements that make or time much more prosperous.

TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *July* was Cary Quilting Company (Christmas in July), Cary Arts Center, Superman, The Learning Center of Cary (Daycare), Urban Air Adventure Park of Morrisville and Bruster's Real Ice-cream of Apex! 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 *August* as we enjoy more fun trips!

- Upcoming planned trips:
- Perfect Piece Boutique
 - Marla Dorrel Park
 - Bowlero Cary (Bowling)
 - Nana Morrison's Soul Food Restaurant
 - KinderCare Cary Heights Day Care



AUGUST SPECIAL EVENTS

04 13

Connecting with Threads Clear the Shelters Drop Off

This diverse group will provide education about sewing and quilting to ignite passions for handmade art!

We will bring the treats, blankets, etc to the shelter for the animals living there. What a way to spread love!

14 26

Strong Senior Competition Coco Chanel Day

We will gather together to put Matt's fitness classes to the ultimate test!

We will put our sniffer to the test as we try to decipher popular perfumes while we drink a themed drink!



Clear the Shelters Program

EXECUTIVE DIRECTOR CORNER

Welcome August! This month we will welcome sunflowers, watermelon, and starry nights.

Seasonal Tip: August is a great month for outdoor activities and enjoying the last of summer's warmth before the season comes to a close. Consider visiting local parks, museums, or even going berry picking.