



OUTING SCHEDULE

Wednesday, August 6th

- 10:00am Scenic Ride
- 1:30pm Urban Air Adventure Park

Wednesday, August 13th

- 10:00am Bass Lake
- 1:30pm Second Chance Adoption Center

Wednesday, August 20th

- 11:00am Lunch Outing: Toreros Mexican Restaurant

Wednesday, August 27th

- 10:00am Scenic Ride
- 1:30pm Dorcas Thrift Shop



Outing to North Carolina Museum of Natural Sciences

\$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



AUGUST 2025

MEMORY CARE

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



SUMMER'S LAST DANCE

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 the 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

Resident Birthdays		
Lane T.		8/5
Margaret B.		8/25

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!

MEET KATISHA

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 and am grateful and eager to be in a rewarding role in 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 am confident in my ability to contribute meaningfully perspective related and align with core beliefs of Walton wood community. I look forward to meeting everyone on an individual experience.



JULY HIGHLIGHTS

3

Patriotic Happy Hour
Residents enjoyed patriotic treats and music by Caroline Gregory!

17

Gorgeous Grandma
We celebrated Gorgeo Grandma Day with our “Lovely in Lavender” Social!



18

Christmas in July
Residents enjoyed a festive photoshoot at our themed happy hour!

22

Good Sports Day
We celebrated “Good Sports Day” by welcoming Sal from the Holly Springs Salamanders!



FOREVER FIT: A STRONG FOUNDATION

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.

-Chris G., Senior Forever Fit Manager



Happy Birthday Bonnie! (7/22)



Happy Birthday Mimi! (7/11)

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.

Thank you, Nadia Awah