



OUTING SCHEDULE

Wednesday, September 3<sup>rd</sup>

- 10:00am Scenic Ride
- 1:30pm Bass Lake

Wednesday, September 10<sup>th</sup>

- 10:00am NC Museum of Art

Wednesday, September 17<sup>th</sup>

- 11:00am Lunch Outing: Farmers Market Restaurant

Wednesday, September 24<sup>th</sup>

- 10:00am Scenic Ride
- 1:30pm Willow Oak Farms

Associate Birthdays

Andria P.	9/1
Jackeline G.	9/5
Trinity L.	9/5
Savitri M.	9/7
Dylan T.	9/13
Amber S.	9/14
Doug T.	9/16
Scottie D.	9/20
Vance W.	9/21
Finely H.	9/22
Catali D.	9/23
Miguel G.	9/23
Sharon H.	9/24
Virginiah K.	9/24
Willie D.	9/29
Denise L.	9/30

Associate Anniversaries

Kristen G.	9/3	1yr
Luz Delgado	9/14	4yrs
Cynthnia M.	9/18	11yrs
Vance W.	9/19	14yrs
Tina F.	9/21	16yrs
Kayley R.	9/24	1yr
Shuvayi V.	9/24	12yrs
Matha B.	9/26	15yrs
Deitra H.	9/26	14yrs
Ilva W.	9/28	9yrs



Outing to Second Chance Pet Adoptions

\$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



SEPTEMBER 2025

MEMORY CARE

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



AUTUMN IS IN THE AIR

Happy September! Fall is officially upon us, and so are many great events here at Waltonwood. We will be kicking off the month by celebrating National Assisted Living Week. This year's theme is "Ageless Adventure." Join us from Monday, September 8<sup>th</sup> to Friday, September 12<sup>th</sup> as we explore various countries around the world. Our travels will begin in China, where we will enjoy Chinese dance performances by Ye Ning Feng and Oriental Culture of Dance. On Wednesday, we will arrive in West Africa, where we will enjoy a live African Drumming Performance. Finally, our travels will lead us back home to the USA! We will wrap of the week with a patriotic celebration and comedy skit by Tom Coleman. I hope you will join us for this fun filled week.

Next, Join us on September 16<sup>th</sup> as we honor International Country Music Day. We will reminisce on some of the best country music stars throughout history while singing their greatest hits. We will close out the day with line dancing, and a live performance by the Waltonwood Ramblers.

Finally, on September 30<sup>th</sup> we will recognize Teacher Appreciation Day. Our Kindness Council will get together to assemble care packages to our local educators as a way to thank them for all their hard work. I look forward to seeing you for all the fun as we jump into the fall season.

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



MEET TIMOTHY

Meet Chef Timothy Cozart, our new Culinary Services Manager. Chef Timothy is a dynamic and accomplished chef with more than 25 years of experience in the culinary and events industry. His career has taken him through some of the most respected kitchens and hospitality venues where he developed a reputation for excellence in both culinary artistry and event management. Also, an entrepreneur, Chef is an owner of two successful businesses: Earth, Sage and Fire Foods, and Lillie Mae's Pounds Cakes. Beyond the kitchen, Timothy invests his time in coaching youth track and field, capturing moments through photography, and traveling the world to draw inspiration from new cultures and cuisines. At the heart of it all, his mission remains the same: to create food and experiences that nourish both body and spirit.



AUGUST HIGHLIGHTS

1

Connecting with Threads  
Residents enjoyed learning all about the art of quilting.

8

Clown Show  
Thank you, CP Clown Tour, for putting on a great show!



25

Happy Birthday Margaret!  
We celebrated Margaret with all things purple!



26

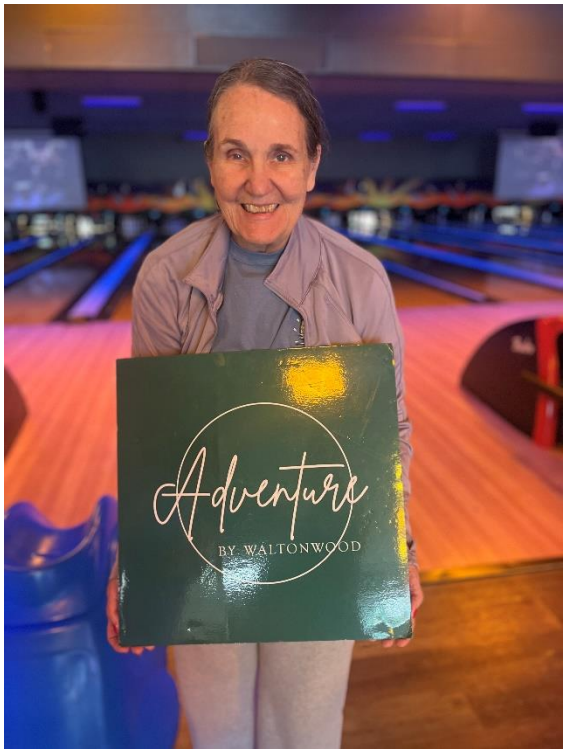
Coco Chanel Social  
Residents learned all about Coco Chanel and sampled different perfumes.



FOREVER FIT: BETTER BALANCE

September is Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

-Chris G., Senior Forever Fit Manager



Karen's Bowling Adventure

EXECUTIVE DIRECTOR CORNER

Welcome September! The autumn season is upon us.

Seasonal Tip: This season provides many opportunities to enjoy outdoor activities. Enjoy the crisp air and changing leaves by going for scenic walks, apple picking, and corn mazes. And embrace the bounty of fall produce like pumpkin, squash, beets, and cranberries.

Thank you, Nadia Awah