



COMMUNITY COMMUNICATION

MEET YOUR NEIGHBOR

Anne H. has been a valued member of the Waltonwood community for many years. Anne was born in Chicago to MaryJane and Clarence. In her lifetime she has enjoyed bridge, sewing, volunteering at church and being a homemaker. Anne majored in Dietetics at Iowa State and the University of Illinois. She has 3 kids: Elizabeth of Cary, David who is deceased and Peter of New Hampshire. Anne loves to talk about being an independent red head and being in awe of horses. Some fun facts about Anne is that she took ballet in her 40s, sailed with her husband occasionally and was in a sorority...

Go Kappa Kappa Gamma!



\$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

SEPTEMBER 2025

ASSISTED LIVING



MAKE IT A SEPTEMBER TO REMEMBER

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 8th to Friday, September 12th as we explore various countries and regions 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 up 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 16th 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 dance performance by the Waltonwood Ramblers.

Finally, on September 30th we will recognize Teacher Appreciation Day. Our Kindness Council will get together to assemble care packages for 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.



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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

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

04

Connecting with Threads

This diverse group provided education about sewing and quilting to ignite our passions for the art!

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Clear the Shelters Drop Off

Residents and their families collected all month for the animals of Cary and were able to give it this day.

FOREVER FIT: PROPER POSTURE

September in 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

08

CP Clowns Tour

Residents enjoyed being transported to the circus with clowns making them laugh and the smell of popcorn in the air!



TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *August* was Perfect Piece Boutique, Marla Dorrel Park, Bowlero Cary (Bowling), Nana Morrison's Soul Food Restaurant, and KinderCare Cary Heights Day Care! 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 *September* as we enjoy more fun trips!

- Upcoming planned trips:
- H Mart International Cary
 - Howling Cow Ice Creamery
 - Cary Arts Center
 - Tibetan Himalayan Gift Shop
 - The Learning Center



SEPTEMBER SPECIAL EVENTS

08

AL Week: China Day

This day we will travel to China with Chinese Dance, Tai Chi and Martial Arts followed by a taste of Chinese Cuisine.

10

AL Week: West Africa Day

This day we will travel to West Africa for drumming that will make you move.

09 & 11

AL Week: Greece and Bahamas Day

This day we will travel to Greece for Greek Games and Baklava. The 11th we will travel to the Bahamas for beach games.

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AL Week: USA Day

This day we will travel back to the US for a patriotic cookout style event, packed with yard games and more.



National Assisted Living Week: Ageless 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