



COMMUNITY COMMUNICATION

MEET YOUR NEIGHBORS

Walt C. and Tony D. have been valued members of the Waltonwood community for many years. Walt was born in Pennsylvania to Joseph and Isabelle, while Tony was born in Palmer, Massachusetts to Charles and “Nan”. While here at Waltonwood their friendship grew as they sat with their friend group in the Dining Room and while Tony visited Walt to show support during a difficult time in his life. "A brother is a friend God gave you; A friend is a brother your heart chose" – Anonymous

You can catch Walt and Tony sitting outside enjoying fresh air or circling the premises in their cool rides.



\$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

OCTOBER 2025

ASSISTED LIVING



LET THE LEAVES FALL & THE ADVENTURE BEGIN

Happy October! Fall is officially upon us and there is so much to celebrate here at Waltonwood. We will kick off the month by celebrating Active Aging Week from October 6th to October 10th. Join us each day as we learn the history and techniques of popular sports.

The festivities will continue as we celebrate Oktoberfest. Join us on Friday, October 10th for our themed happy hour with refreshment, dancing, and Oktoberfest games!

With “spooky season” in full swing, we have lots of Halloween themed programs to celebrate all month long. First, join us on October 28th for our Pumpkin Carving Social. One of our talented cooks will show off his culinary skills and help us create our very own Jack-o'-lantern. Then, join us on October 30th at 6:00pm for our “Trick or Treat” Parade. We invite grandchildren and great-grandchildren ages 4-12 to dress up in their best Halloween costume for trick or treating, refreshments, themed games, and more. Finally, we will close out the month with our Halloween Happy Hour. Enjoy themed treats, games and more. I hope you will join us for all the fun this fall season!



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COMMUNITY
MANAGEMENT

- Jeff Plummer
Regional Director of Operations
- Tina Forsythe
Business Office Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Wood
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Timothy Cozart
Culinary Service Manager
- Doug Thurston
Marketing Manager
- Shay Barnett
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Tristan Davis
Environmental Service Manager
- Katisha Russell-Bradley
Resident Care Manager
- Brandy Kawadza
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator

Resident Birthdays

Ann B.	10/7
Doris B.	10/20

Associate Birthdays

Anevia J.	10/1
Zamerah H.	10/3
Trinity S.	10/3
Marlene O.	10/4
Erin H.	10/5
Jashara S.	10/6
Catherine I.	10/14
Brandon L.	10/15
Teheran U.	10/17
Janet S.	10/19
Krystal M.	10/26
Jo C.	10/27
Aylin A.	10/28

Associate Anniversaries

Ashleigh W.	10/10	3yrs
Kate H.	10/11	4yrs
Mary O.	10/23	13yrs
Yeraldin S. D.	10/23	1yr

ASSOCIATE SPOTLIGHT

Meet Shay Barnett, our new Marketing Manager. Shay has a passion for seniors and has worked in senior living for her majority of her career. She started out as a server in the dining room during her high school years and has loved it ever since. Shay is also president of non-profit organization, Dementia Capable Cares. Shay is originally from Dudley, NC where she resides with her family of two children. When she’s not working, she loves hiking in the mountains and chasing waterfalls. Fun fact about Shay: she loves all things rocks, crystals, and astrology! Welcome to the Waltonwood Family Shay!



SEPTEMBER HIGHLIGHTS

08

AL Week: China Day

This day we traveled to China with Chinese dance, Tai Chi and Martial Arts demonstrations.

09

AL Week: Greece Day

This day we will traveled to Greece for Greek Games and a Toga Party.



10

AL Week: West Africa Day

This day we will traveled to West Africa for drumming that made you move your body to the beat.

12

AL Week: USA Day

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



FOREVER FIT: MAKING THE CHANGE

If nothing else we are creatures of habit. The schedules and routines that we’ve developed over the years help us to be effective, efficient and comfortable. Sometimes however, in order to see the improvements we need we have to make that awkward step outside our comfort zone. As fragile as our bodies can be they are equally resilient and adapt to the stresses we place upon it. By failing to regularly add new stimuli, we often find ourself making little to no progress. If you find yourself at a bit of a plateau it may the perfect time to try a new or more challenging exercise. Remember exercise should never be painful, rather taxing enough to test your ability so you can make the small incremental steps to a stronger healthier version of you.

-Chris Grabowski, Senior Forever Fitness Manager

TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *September* was H Mart Asian Grocery Store, Howling Cow Ice-Creamery, Cary Arts Center, Tibetan Himalayan Gift Shop, Willow Oak Farm, and The Learning Center (Daycare)! 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 *October* as we enjoy more fun trips!

- Upcoming planned trips:
- Dunkin Donuts
 - Halloween Store
 - Kindercare Daycare
 - Halloween Scenic Ride
 - PetSmart



OCTOBER SPECIAL EVENTS

07

Italian Social

This day we will enjoy Italian cuisine, and learn about Italy’s rich culture.

10

Oktoberfest Happy Hour

This day we will enjoy the great German traditions of eating German cuisine and participating in traditional Oktoberfest activities.

28

Pumpkin Carving

This day we will see pumpkin carving up close, done by our very own Chef Vance.

30

Trick or Treat Event

This day we will have kids of the community and of Waltonwood to come out and trick or treat door to door!



Community Trick or Treat Event

EXECUTIVE DIRECTOR CORNER

Welcome October! Sweater weather season is officially upon us.

Seasonal Tip: This season provides many opportunities to try fun fall adventures. try delicious autumn food! Pumpkins, apples, sweet potatoes, and cranberries are all fresh fall foods available. These nutritious foods are great for pies, seeds, and side dishes. We can’t wait to provide our residents with scrumptious seasonal dishes!

Thank you, Jeff Plummer