Resident Birthdays

Patricia W.	3/12

Associate Birthdays

Yvette Y.	3/3
Zanayah J.	3/4
Albert B.	3/8
Casmir W.	3/12
Lisa M.	3/14
Letitia S.	3/16
Masha V.	3/19
Stacy M.	3/25
Zecharich H.	3/27
Lori H.	3/28
Rafael C.	3/31

Associate Anniversaries

Siney H.	3/3	6yrs
Trinity L.	3/4	1 yr
Sharon H.	3/12	13yrs
Julia T.	3/19	8yrs
JR S.	3/27	8yrs
Denise L.	3/27	8yrs

FRIENDS & FAMILY REFERRAL PROGRAM!

OUTING SCHEDULE

Wednesday, March 4th
- 10:00am Scenic Ride

Wednesday, March 11th
- 10:00am Read Across America at St. Mary Magdalene Catholic School
- 1:30pm Garden Supply Company

Wednesday, March 18th
- 10:00am State Farmer's Market
- 1:30pm Shamrock Shakes at McDonald's

Wednesday, March 25th
- Lunch Outing: 11:00am Doherty's Irish Restaurant

Residents and staff had a blast at our annual Go Red Fashion Show!

$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

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MARCH 2026

MEMORY CARE

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FEELING LUCKY

Happy March! The Spring season is upon us and so are many great events. We will kick off the month by celebrating national wig day on March 10th. We'll learn the about the history and get to try on fun wigs!

Then we'll be celebrating St. Patrick's Day. Join us in your green on March 17th for themed refreshments and a dance performance by the Celtic Dancers!

On March 23rd, we will celebrate Read Across America Day. Join us by reading the book "Click Clack Moo" to a classroom at St. Mary Magdalene Catholic School. Residents will be on theme in their farm attire as we explore various animals!

March also marks Women's History Month. All month long we will celebrate our lovely women of Waltonwood. Then we will highlight all the amazing things these ladies have accomplished over their lifetime with our Women of Waltonwood Showcase on March 31st. We hope you will join us for all the fun as we spring into March!

COMMUNITY MANAGEMENT

Noreen Mohit
Executive Director

Tina Forsythe
Business Office Manager

Timothy Cozart
Culinary Services Manager

Harry Castro
Environmental Service Manager

Kaitlyn Duffy
IL Life Enrichment Manager

Shantel Carr
AL Life Enrichment Manager

Ashleigh Wood
MC Life Enrichment Manager

Dionna Daniels
Independent Living Manager

Doug Thurston
Marketing Manager

Shanae Barnett
Marketing Manager

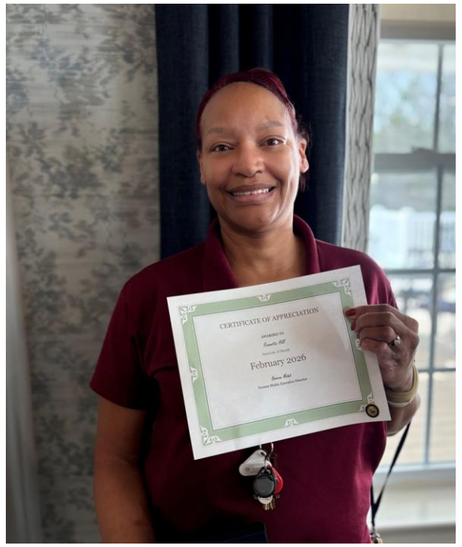
Kristen Gallaro
Move-In Coordinator

Stacy McNeil
MC Wellness Coordinator

Victoria Wheeler
AL Wellness Coordinator

ASSOCIATE SPOTLIGHT

Ronnetta Hill is our February Associate of Month! Ronnetta has been a part of the Waltonwood family for over 14 years! Ronnetta has made an amazing impact on our Resident Care team. Ronnetta loves going the extra mile to make our residents day. She loves winning them over with kindness and putting a smile on their face. When Ronnetta isn't at work she enjoys going to church, singing, spending time with friends, cooking, and rolling skating! Ronnetta's favorite cuisine to cook is Mexican food. Ronnetta's fun fact is she loves traveling on cruises! Thank you, Ronnetta, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family!



FEBRUARY HIGHLIGHTS

3

Go Red Fashion Show

Residents and associates rocked the runway in red in support of women's heart health.

10

Mardi Gras Parade

We had fun celebrating Mardi Gras with beignets, music, and dancing!

12

Valentines Wine Tasting

Residents enjoyed tasting wine & sweet desserts to celebrate Valentines Day.

16

Sweetheart Luncheon

Anita and Wayne were honored during our Sweethearts Luncheon!

FOREVER FIT: REST AND RECOVER

We know how important diet and exercise can be on our overall health, but did you know there's a third factor just as crucial. The rest we get, in particular the sleep we get lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing.

We had a great time celebrating Maggie and Barbara in the month of February!

EXECUTIVE DIRECTOR CORNER

Welcome March! We can't wait to spring forth as March 20th marks the first day of spring. Spring is a colorful season with vibrant colors as the temperature rises. We warmly welcome the blooming flowers, sunny days and growing gardens.

Spring Tip: Now is the time to enjoy the beautiful sights of cherry blossoms, daffodils, tulips, and many more. Ideally, flowers should be harvested in the early morning. Before arranging them into a vase, make sure to cut each stem on a 45-degree angle to allow the flowers to absorb more water. Water should be changed daily for ultimate freshness.