



COMMUNITY COMMUNICATION

STAY CONNECTED

Meet our new Resident Care Manager, **Hilda Williams**! Hilda has been a nurse for 17 years. As a nurse, she is passionate about providing compassionate, high-quality care to those who she serves. She is both a wife and mother, and loves spending time with her family who bring her so much joy. Outside of work, Hilda also enjoys cooking, singing, and dancing! She values kindness, dedication, and creating meaningful connections both personally and professionally.
Welcome to the team Hilda!

Meet our new Culinary Service Manager, **Garth Tallcott**! Garth graduated from the Culinary Institute of America in 1998. He loves cooking and has worked in many restaurants across the country as well as in Italy and Spain. He loves to cook simple and delicious food with fresh and high-quality ingredients. Of his love of cooking, Garth says, “I guess it comes from my desire to make others happy”.
Outside of work, he loves to golf, to go to the beach, and to grow his own vegetables in his garden. He has a standard poodle named Emma, who is 9 years old and they spend lots of time together outside of work.



\$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



AUGUST 2026

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www.waltonwood.com | 919-460-7330
Facebook: /WaltonwoodCaryParkway

ASSISTED LIVING



AUGUST, SUMMER'S LAST HURRAH...

Hello August! We are kicking off the month with our annual Camp Waltonwood! Our theme this year is Fun on the Farm! Please join us on Saturday, August 1st from 11am-1pm throughout our Assisted Living community for this intergenerational event. We invite kids to have a “farmtastic” time with a bounce house, petting zoo, tractor rides, and more!

Abracadabra! Get ready for an engaging magic show by Robert Stratton. Join us on August 4th at 2:00pm in the AL Café as we get mesmerized by his tricks. Robert has been bringing family friendly fun to audiences of all ages. You won't want to miss this captivating show!

Next, join us on August 11th for our “Dog Days of Summer” Social. We will be inviting furry friends to join us for fun and refreshments in our AL Café at 2:00pm. Then, the summer fun will continue with our “Keep Your Cool” Social. We will celebrate the close of summer with one last summer bash! Join on August 18th for summer themed refreshments, and live DJ music by Les Hilton. We look forward to celebrating with you as the summer season has its last hurrah!

COMMUNITY MANAGEMENT

- Noreen Mohit
Executive Director
- Tina Forsythe
Business Office Manager
- Aylin Altintop
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Wood
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Harry Castro
Environmental Service Manager
- Garth Tallcott
Culinary Service Manager
- Doug Thurston
Marketing Manager
- Shay Barnett
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Hilda Williams
Resident Care Manager
- Victoria Wheeler
Assisted Living Coordinator
- Stacy McNeill
Memory Care Coordinator

EMPLOYEE SPOTLIGHT

Gilbert is our August associate of the month. Gilbert is one of our wonderful caregivers. He has been a part of our resident care team for 8 months. Gilbert is a hard worker, and always willing to lend a helping hand to those who need it. His favorite part about being a caregiver is helping our residents and making sure they receive quality care. Gilbert is originally from Kenya, and has lived in the United States for 1 year. He and his wife have 3 children with whom he loves spending time. Outside of work, Gilbert also loves staying active. He is an avid swimmer and gym goer.

Congratulations Gilbert! We are lucky to have you on our resident care team.



JULY HIGHLIGHTS

- 1st

Hawaii Family Night

Residents enjoyed Polynesian Dancers that displayed traditional dance and dress.
- 4th

250th Anniversary Celebration

Residents enjoyed a patriotic parade, led by Rosie the Riveter and Uncle Sam!



- 16th

Ruth 101st Birthday

Ruth basked in her celebration with family and friends honoring her with sharing fond memories.
- 23rd

Waltonwood Met Gala

Residents enjoyed the avant garde hats they created and was able to strut their stuff down the runway!



PRACTICING PATIENCE

Rarely in life are we a great at a new endeavor. It takes weeks, months and sometime years of working at a craft before we feel that we’ve truly mastered it. Exercise is no different. For many, the biggest obstacle standing between them and a more active lifestyle is the initial frustration of starting something new. While it can feel a bit overwhelming as you work through the early struggles, be patient and give yourself the grace to learn from your challenges as you work to strengthen your body and mind. We’ve all started our fitness journey from the ground up and good things take time to cultivate. Making the commitment to move more will challenge you, but it will also leave you feeling better than ever!

TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *July* was Cary Movie Theater, the Learning Experience Daycare, Cary Quilt Company, Peak City Diner, PetSmart, and the Peach Cobbler Factory! 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 *August* as we enjoy more fun trips!

- Upcoming planned trips:
- LaFarm Bakery
 - Corbett’s Burger and Soda Bar
 - Scenic Ride of Cary
 - Kilwin’s Ice-cream and Fudge Shop
 - KinderCare Daycare
 - Bass Pro Shop Waterfall
 - Steven’s Nature Center

AUGUST SPECIAL EVENTS

- 1st

Camp Waltonwood

This year’s theme is Fun on the Farm so get your straw hats ready and let’s have a farmtastic time!

11th

Dog Days of Summer

Join us as we eat dog themed treats and share some with our furry friends as well!
- 10th

Men Only Lunch

Asking all the men to join together and have guy talk while eating burgers and drinking shakes.

18th

Keep it Cool Social

Join us as we celebrate the end of summer with a slushy and sunglasses summer bash with a DJ to boot!



EXECUTIVE DIRECTOR CORNER

Happy August! I hope have been enjoying all that the summer season has to offer. I would like to give a warm welcome to some new members of our Management Team. Please welcome Hilda Williams, our new Resident Care Manager, to the team. She comes with 17 years of experience. I would also like to welcome Garth Tallcott, our new Culinary Services manager. He comes with a wealth of knowledge and experience in the industry. We are excited to have them as part of our Waltonwood Family!

Thank you,
Noreen Mohit