



OUTING SCHEDULE

Wednesday, September 2nd

- 9:30am New Hope Valley Railroad

Wednesday, September 9th

- 10:00am Scenic Ride
- 1:00pm Cary Movie Theater

Wednesday, September 19th

- 11:00am Lunch Outing: I Hop

Wednesday, September 23rd

- 10:00am St. Mary Magdalene Catholic School
- 2:00pm Scenic Ride

Monday, September 28th

- 9:30am Silver Saddles Horse Farm

Wednesday, September 30th

- 10:00am Duck Donuts
- 2:00pm Scenic Ride



\$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 2026

MEMORY CARE

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



TURNING OVER A NEW LEAF

Happy September! The autumn season is just around the corner, and there is so much to celebrate in our community this month! We're kicking things off with Country Hits Day on September 1st. Join us at 2:00 PM in the AL Café for delicious BBQ sandwiches, sweet tea, and live country music featuring guitarist John Miller!

Next, we'll celebrate the grandparents in our community with our special Everlasting Hugs event in honor of National Grandparents Day. Join us on September 10th from 6:00–7:30 PM in the Independent Living Café. Families will receive a shirt, and their grandparents will create a special painted hug that will last forever! You can RSVP by calling the community or signing up at the front desk. We hope to see you there for this heartfelt family event!

Finally, we'll honor and celebrate our wonderful associates and residents during National Assisted Living Week! This year's theme is "Shining Through the Years," and we'll be traveling down memory lane with a decades-themed spirit week. Get ready for activities, music, food, and more from the '50s all the way through the '90s!

We look forward to celebrating all month long and honoring the incredible associates and residents who help make our community shine!

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 Services 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

Resident Birthdays

Grace S. 9/28

Associate Birthdays

Cindy C. 9/5

Jackeline G. 9/5

Trinity L. 9/5

Savitri M. 9/7

Amber S. 9/14

Doug T. 9/16

Scottie D. 9/20

Victoria W. 9/21

Vance W. 9/21

Andrea G. 9/24

Sharon H. 9/24

Virginiah K. 9/24

Gilbert G. 9/26

Denise L. 9/30

Associate Anniversaries

Shay B. 1yr.

Joicedaliz C. 1yr

Kristen G. 2yrs.

Ilva W. 10yrs.

Cynthia M. 12yrs.

Vance W. 15yrs.

Martha B. 16yrs.

Tina F. 17yrs.

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE OF THE MONTH

Congratulations to our August Associate of the Month, Amber!

Amber is a valued member of our resident care team and has been part of the Waltonwood Family for almost two years. Her favorite part of being a caregiver is building meaningful connections with our residents.

When she’s not at work, Amber is busy studying to earn her nursing degree! Family is also very important to her. She and her husband have been together for 21 years and have three children who they love cheering on at volleyball and baseball games. In her free time, Amber enjoys spending time at the beach.

Thank you, Amber, for your dedication, compassion, and all that you do for our residents. We are so grateful to have you as part of the Waltonwood Family!



FOREVER FIT: STRENGTH AND 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.

MEET GARTH

Please join us in welcoming Garth Tallcott, our new Culinary Services Manager!

Garth is a 1998 graduate of the Culinary Institute of America and brings a lifelong passion for cooking to our community. Throughout his career, he has worked in restaurants across the country, as well as Italy and Spain.

Garth loves creating simple, delicious food using fresh, high-quality ingredients. When asked about his love of cooking, he shared, *“I guess it comes from my desire to make others happy.”*

Outside of work, Garth enjoys golfing, spending time at the beach, and growing vegetables in his own garden. He also loves spending time with his nine-year-old Standard Poodle, Emma!



AUGUST HIGHLIGHTS

1

Camp Waltonwood

Children, families, and residents enjoyed a petting zoo, tractor rides, and much more!

11

Dog Days of Summer Social

Residents loved on some furry friends during our Dog Days of Summer Social!



18

Keep Your Cool Social

Residents kept cool with shaved ice, sunglasses, and summer songs!

25

Margaret’s Birthday Celebration

We celebrated Margaret with all things purple!



EXECUTIVE DIRECTOR CORNER

Welcome, September!

This month, we are excited to take time to honor and celebrate our amazing associates and residents during National Assisted Living Week!

Join us Monday, September 14th through Friday, September 19th for a fun-filled week of celebration! This year’s theme is “Shining Through the Years,” and we’ll be celebrating all week long with a decade-themed spirit week.

We look forward to seeing everyone come together as we honor the wonderful associates and residents who make our community so special. Let’s celebrate, make memories, and shine through the years together!

Thank you,
Noreen Mohit