



COMMUNITY COMMUNICATION

STAY CONNECTED

It's all about connection 😊



Resident Birthdays

None this month

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!

\$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

ASSISTED LIVING

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



SEPTEMBER, COZY SEASON LOADING...

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. We ask that you, along with your family, join us on September 10th from 6:00–7:30 PM in the Independent Living Café. You will create a special painted hug for your loved ones that will last forever! Your family 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 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

Amber is our August Associate of the Month! Amber is a valued member of our resident care team. She has been with our Waltonwood Family for almost 2 years. Her favorite part of her role as a caregiver is being able to make meaningful connections with the residents. When she is not at work, she is studying to earn her nursing degree. Family is very important to her, and she has been with her husband for 21 years! They have 3 children together and love cheering them on at their volleyball and baseball games. In her free time, she loves spending time at the beach.

Thank you for all that you do for our residents Amber!



AUGUST HIGHLIGHTS

1st Camp Waltonwood
This year's theme was Fun on the Farm so we loved on the kiddos and had a farmtastic time!

10th Men Only Lunch
All the men joined together and had guy talk while eating burgers and drinking soda pop.



11th Dog Days of Summer
Join us as we eat dog themed treats and share some with our furry friends as well!

18th Keep it Cool Social
We celebrated the end of summer with a slushy and sunglasses summer bash with a Legacy and a DJ!



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.

Chris G., Senior Forever Fit Manager

TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *August* was 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, and Steven's Nature Center! 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:
- New Hope Valley Train Ride
 - The Cary Theater: Cookie Queens (Movie)
 - Disney at Target
 - Pizza Hut
 - Silver Saddles Therapeutic Horse Ranch
 - Scenic Ride



SEPTEMBER SPECIAL EVENTS

10th Family Night
This year for Grandparent's Day we will celebrate by giving our family an everlasting hug using paint.

14th- 18th AL Week
This week we honor associates and residents that work and live in our community.

21st Bingo Auction
Join us as we battle it out for Kleenex, candy bars, snacks and other knick knacks!

28th Silver Saddles Horse Farm
Join us as we see horses trot, nay, prance and pull out all the stops as we love on them!



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