

Resident Birthdays

Tony D.	11/12
Jim D.	11/14

Associate Birthdays

Noreen M.	11/3
Kendra B.	11/4
Angela J.	11/5
Edward D.	11/8
Jasmine F.	11/8
George K.	11/10
Shay B.	11/13
Carrie B.	11/16
Sarah H.	11/19
Edmond M.	11/21
Emily H.	11/25
Shantel C.	11/26
Steven J.	11/29

Associate Anniversaries

Jackeline G.	11/4
Isabella D.	11/5
Aylin A.	11/7
Annie S.	11/11
Joy T.	11/14
Thalia M.	11/19

FRIENDS & FAMILY REFERRAL PROGRAM!

COMMUNITY COMMUNICATION

STAY CONNECTED

We were able to honor two adventures and four recipients this month for our Adventure by Waltonwood Program. October 10th we were able to celebrate Ted and Mimi Schwartzman and their love of the Beatles by bringing them to a tribute band concert with their family. A time was had.



Next we were able to celebrate Tony Dingman and Bonnie O' Conner and their love for theatre. Tony met the current director of Raleigh Little Theatre and Bonnie felt the love from the cast members cheering her on every step of the way. Thank you for your support in making their adventure special by showing up by the busload!



$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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Redefining Retirement Living
SINGH

NOVEMBER 2026

ASSISTED LIVING

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www.waltonwood.com | 919-460-7330
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NOVEMBER OUTLOOK: GRATEFULNESS

Autumn in in the air! With the holiday season in full swing, there is so much to celebrate in our community! First, we will honor our Veterans during our annual Veterans Day Ceremony. Join us on Tuesday, November 11th, at 2:00 PM in the Independent Living Café as we recognize and give thanks to those who have served our country. Following the ceremony, we will enjoy a special performance by the ladies of Razzmatazz Senior Dance Troupe. You won't want to miss this dazzling tribute!

Next, we will take time to reflect on all we are grateful for during our Grateful Afternoon Tea on November 12th at 2:00 PM. Join us as we express our appreciation for the special people who make our lives brighter while enjoying tea and themed treats. Please RSVP at the front desk or by calling the community.

Our Thanksgiving festivities will continue on Thursday, November 19th, with our Thanksgiving Dinner at 4:30 PM in the Dining Room. Before dinner, families are invited to capture special holiday memories with family photos from 3:00 PM to 4:00 PM in our Assisted Living Theater. Please be on the lookout for more information on how to sign up!

We look forward to celebrating with you and your families as we reflect on the many things we are thankful for this holiday season. Wishing everyone a wonderful November filled with gratitude, joy, and special moments together!

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

Kara Terreault-Triplett
Regional 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



Please join us in celebrating **Jillian**, a valued member of our Waltonwood Concierge team! Jillian has been with Waltonwood for nearly a year and loves the opportunity to connect with our residents each day. As Jillian shares, *"I love getting to know all of our residents. They are all so sweet and have interesting backgrounds and history."*

A NC State graduate, Jillian earned her degree in psychology. Outside of work, she's an animal lover who enjoys spending time with her dog, Shelby. When she's not at Waltonwood, you can often find her curled up with a good book or enjoying a vintage horror movie!

Jillian is recognized for her warm and friendly interactions with residents and fellow associates, her excellent attendance, and her positive, team-player attitude. Her kindness and dedication make her a wonderful part of our Waltonwood family.

Thank you, Jillian, for all that you do! We appreciate you and are so happy to celebrate you as our Associate of the Month!

OCTOBER HIGHLIGHTS

3rd

Alzheimer's Walk

Waltonwood is a proud sponsor of the Alzheimers assoc. so we walked to raise awareness and support.

6th

Active Aging Week

This is the week we as a senior community get to shine; aging does not have to be a scary thing, but we get to celebrate aging with grace.





12th

Whirligig Park

We enjoyed the cool breeze as we picnicked then walked around the park admiring the sculptures.

21st

Spring Haven Farm

We enjoyed being treated like royalty as we were carted around the farm on our own private tour; we even got to feed the animals!





STRONG BODY & SOUND MIND

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.

Chris G., Senior Forever Fit Manager

TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *October* was Carolina Ale House, Vollis Simpson Whirligig Park, Raleigh Little Theatre, Spring Haven Farms, Steven's Nature Center and a Halloween Scenic Ride! 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 *November* as we enjoy more fun trips!

Upcoming planned trips:

- Ihop
- The Learning Experience Daycare
- Petsmart
- Cary Arts Center
- SPCA Animal Shelter
- Fall Scenic Ride
- La Farm Bakery



NOVEMBER SPECIAL EVENTS

6th

Elevated Happy Hour

We will have an exciting aviation themed happy hour with themed décor, attire and refreshments.

11th

Veteran's Day Ceremony

We will honor our Veterans this day followed by Razzmatazz tribute.

12th

Grateful Afternoon Tea

We will family and togetherness at our tea party with fall treats and a thankfulness tree.

19th

Family Thanksgiving Dinner and Holiday Photoshoot

We will enjoy time with families as we chat across the table and do a photoshoot with our loved ones beforehand.



~**Grateful Afternoon Tea**

EXECUTIVE DIRECTOR CORNER

Happy November!

There is so much to celebrate as we enter this season of gratitude and togetherness! I'm looking forward to seeing everyone for our Family Holiday Photo shoot and Thanksgiving Dinner on Thursday, November 19th. Let's make beautiful memories, share some delicious food, and celebrate the joy of family this holiday season!

Thank you,
Noreen Mohit