

PRESS RELEASE

Contact: Chelsi Smith / Amy Jones, The Point Group
Phone: 214-378-7970 ext. 238 / 302
Mobile: 956-358-3300 / 469-261-7544
csmith@thepointgroup.com / ajones@thepointgroup.com

FOR IMMEDIATE RELEASE
May 23, 2017

WALTONWOOD CARY PARKWAY RESIDENTS TO DELIVER BAKED GOODS TO RALEIGH VA OUTPATIENT CENTER FOR MEMORIAL DAY

CARY, N.C., May 23, 2017 – Memorial Day is a tough day for veterans across the United States. It's a day to remember those who made the ultimate sacrifice, and that's exactly what Nadine Whitmore does. Whitmore is a veteran herself. She became an Army nurse in 1948, then shortly after an Air Force nurse, which is where she got her wings. Whitmore says she joined the military because of her two brothers. One was in the Army and fought at the Battle of the Bulge and the other was in the Navy. To honor fallen soldiers, Whitmore and other residents of Waltonwood Cary Parkway will bake treats and bring them to veterans at the **Raleigh VA Outpatient Center on Friday, May 26th at 11 a.m.** The goal is to remind veterans that they and their fallen brothers and sisters are remembered on this special day. Whitmore is participating in honor of the families who lost sons, husbands, daughters and wives, as well as all of the young men she went to high school with who enlisted and died in active duty.

"I think of their families, and especially those with young children who will never know their parent who was lost," said Whitmore. "I also think of where our country might be without their sacrifice. It makes me glad to live in a country where we are free to serve and honor those who have served. I am looking forward to baking the treats. It's something I've always enjoyed, but this is going to be emotional for me."

Baking comes natural to Whitmore. She used to bake cookies with her mom. She plans to use a family sugar cookie recipe to take to the veterans. Other residents plan to incorporate family recipes too. For Whitmore, it's about tradition, and she hopes the veterans enjoy the cookies as much as she enjoys baking them.

"It's nice to see other residents getting involved for Memorial Day," said Whitmore. "A lot of people don't understand the true meaning of Memorial Day, and I'm glad Waltonwood Cary Parkway does so we can honor these men and women."

Waltonwood Cary Parkway looks for ways like this in which residents can give back to others in the area. This is the first time the community will deliver baked goods to the clinic. **Residents will arrive**

at the Raleigh VA Outpatient Center (3305 Sungate Blvd.) on Friday, May 26 at 11 a.m. If you're a member of the media interested in watching residents bake, we can arrange for you to come to the community.

"A lot of our residents had spouses or family members in the military," said Christina Henderson, life enrichment director at Waltonwood Cary Parkway. "We want to let them know they are never forgotten, and we are thankful for what they did. Bringing the treats to the VA Clinic in Raleigh is important to our residents. We are happy to help them give back in any way we can."

If you are a member of the media interested in covering this story, please contact Chelsi Smith via phone at 214-378-7970 ext. 238 or email at csmith@thepointgroup.com or Amy Jones via phone at 214-378-7970 ext. 302 or email at ajones@thepointgroup.com.

ABOUT WALTONWOOD CARY PARKWAY

Waltonwood Cary Parkway offers seniors a dignified, individualized community where residents can thrive. The community offers independent living cottages, and independent, assisted living and memory care apartments in studio, one- and two-bedroom floor plans, creating a continuum of care where residents can enjoy an active lifestyle and receive care if they need it. The community offers many engaging amenities, including a walking path, therapy pool, putting green and private courtyards throughout its acreage. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program and a Montessori-based dementia care program. The community is located close to US 1, with new retail shopping, dining and entertainment close by, and just minutes from Raleigh. Waltonwood Cary Parkway also has a sister-community currently under construction in the Lake Boone area of Raleigh, at 3550 Horton Street. If you are interested in learning more about Waltonwood Cary Parkway, please visit www.waltonwood.com or call 919-275-0983.

-End-