

PRESS RELEASE

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From Pet Therapy to Fitness: Waltonwood Cotswold Commits to Bettering Lives of Residents Through Rich Programing

CHARLOTTE, N.C. January 2, 2018– Maintaining physical and mental health is important for people of all ages, but it's especially critical for older adults. There are many reasons why seniors should exercise regularly and try their best to stay fit. Exercise can help maintain or build muscle and bone strength as well as reduce risks of cardiovascular disease. However, staying fit doesn't always mean only participating in physical activity. Preserving mental health is just as important as physical health. To address the needs of the whole person, **Waltonwood Cotswold** offers rich programming for senior residents, including a number of different activities such as outings, crafting events, aromatherapy, music therapy, pet therapy, and a wide variety of fitness classes to keep residents engaged both physically and mentally. One of the major highlights of each month is the chance to participate in pet therapy, in which vendors bring various animals to the community for the residents to interact with. In addition, the Waltonwood Cotswold team realizes that the interaction between generations has many benefits for seniors, which is why they invite children from local schools for various intergenerational events and activities.

“Our residents have many options to choose from when it comes to maintaining their physical and mental health,” said **Leah Nash, executive director at Waltonwood Cotswold**. “Our team works diligently with residents, family members, physicians and other health care professionals to customize activities and lifestyle to preserve the independence and safety of each resident. We recommend that regardless of where seniors live, it is crucial to incorporate many opportunities for socialization, wellness and new experiences.”

Studies show that regular interaction with animals brings many benefits, including a calming effect and a reduction in depression. For this and many other reasons, the senior living community regularly partners up with a local farm which brings different rescue animals to the community. Residents have the chance to interact with them as well as learn more about them. Many residents had pets throughout their lives or grew up on farms, so this activity triggers a number of nice memories. The senior living community also brings in a therapy dog on regular basis.

“We make sure the residents find intellectual stimulation and an overall sense of well-being every day in our wide variety of events, activities and celebrations,” said **Kensey Rash, life enrichment manager**

at Waltonwood Cotswold. “We believe socialization is a critical part of seniors’ lives because it not only gives them a sense of purpose, it also stimulates their minds and improves their quality of life.”

Waltonwood Cotswold offers diverse activities to ensure that every resident can choose among many favorites. The Forever Fit program, a comprehensive health and fitness program addressing the physical, mental, and social needs of the residents, is extremely popular. There are multiple classes every day, from chair exercises with weights to meditation. To get a glimpse into the residents’ backgrounds and their level of physical activity, the senior living community offers individual time with a fitness coordinator for each resident during its “One-to-One Fitness” class, which helps residents meet personal physical activity goals.

Singh currently owns and operates 10 other Waltonwood Senior Communities in Michigan and North Carolina and has several other communities in development and under construction in North Carolina and the Washington, D.C. metro area market.

If you are a member of the media interested in setting up an interview or sharing the story, please contact Iva Gasparova via phone at 214-378-7970 ext. 245 or email at igasparova@thepointgroup.com or Amy Jones via phone at 214-378-7970 ext. 302 or email at ajones@thepointgroup.com.

ABOUT WALTONWOOD COTSWOLD

Waltonwood Cotswold opened in August 2016 and offers seniors a dignified, individualized community where residents can thrive. The senior living community offers assisted living and memory care apartments in private one- and two-bedroom and studio floor plans for up to 117 residents. Residents will live in luxury accommodations with many engaging amenities, including elegantly appointed common areas and restaurant-style dining. 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 Uptown and South Park Charlotte, with easy access to retail shopping, churches, hospitals, dining and entertainment.

In 1973 Gurmale Singh Grewal, along with his brothers Lushman and Jeat, established Singh as a family-owned company and for 43 years Singh remains multifaceted in real estate development, with a strong foundation in luxury apartments, commercial properties, land development, high-end single family homes and, for nearly 30 years, senior living communities which have been branded “Waltonwood.” The vertical integration of the company, which provides for development, construction, finance and management under one umbrella, allows Singh to be poised for new opportunities in expanding markets. All projects are wholly owned by Singh and continue to be owned and managed by Singh.



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With regional offices in Cary, NC, Singh has made a strong commitment to expansion of its brand into the southeast markets. Learn more about Singh and its Waltonwood communities at www.singhweb.com. If you are interested in learning more about Waltonwood Cotswold, please visit www.waltonwood.com or call 704-490-4330.

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