

COTSWOLD CONNECT

DECEMBER 2018



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Happy Holidays!

The stockings are being hung, the lights are aglow, and the fires are burning bright! As we look upon this holiday season we think about how much cheer the residents bring to our community every day. To celebrate, Waltonwood is having a Open House & Brunch on Tuesday, December 4th. The event will take place from 10:00am – 1:00pm and will feature a Live Action Cooking Station, an interactive Wreath Craft from the Life Enrichment Department, and music from Chrisitne Robinson. This event is open to everyone!

In addition to this wonderful party we are also planning our Staff Appreciation Holiday Party. For those who wish to donate we are accepting Gift Cards from assorted places such as Walmart, Harris Teeter, Target, and various restaurants. Please have these donations in by December 10th. These will be given to our staff in appreciation of their hardwork. Be on the look out for tons of Christmas Carolers, great food from our Culinary Department, and a wonderful array of holiday décor. Happy Holidays to you all! - See you next year!

COMMUNITY MANAGEMENT

Randy LeMaster
Regional Director of Operations

Nicci Hurley
Business Office Manager

Michael Norman
Culinary Services Manager

Roberta Johnson
Housekeeping Supervisor

Kensy Rash
Life Enrichment Manager

Steve Engle
Maintenance Manager

Jaynie Segal
Marketing Manager

Hollie Sliwa
Marketing Manager

Cassandra Barnett
Special Care Coordinator

Me'Shell White
Wellness Coordinator

ASSOCIATE SPOTLIGHT

KEO SOUVANNALEUTH

Keo was born in Thailand from Cambodian parents during the end of the Vietnam War. She was born in a refugee camp and is one of 15 children, Keo being the youngest. Keo moved to the US in 1985 and grew up in Charlotte. She left Charlotte for 4 years, venturing out to San Diego, before returning home with her daughter. Keo has been working since the age of 14 for various companies, sometimes holding down multiple jobs, and realized that her passion is customer service. Keo has been at Waltonwood since December of 2016 and is now our Lead Concierge. She loves to travel, try new foods, and is hoping to visit all 50 states of America (she only has 18 left!) Her favorite thing about Waltonwood is the residents. She loves engaging in conversation with them and looks forward to coming to work everyday. Keo is the shining face at Waltonwood. She is so eager to help and will brighten anyone's day. We couldn't run Waltonwood as successfully without her hard work and commitment!



NOVEMBER HIGHLIGHTS

01

Carolyn got a special hat made by our Balloon Artist, Mister Twister.

02

We celebrate our Fridays with a glass of wine at Happy Hour!



03

This month our residents made Turkey Bites, Pumpkin Pie, and Raspberry Coconut Balls!

04

On Veteran's Day we unveiled our Veteran's Wall, featuring 16 of Cotswold's finest men.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

The hustle and bustle of December can certainly be hectic but don't let the holiday stress slow you down, keep these "3M's" in mind during the coming weeks to ensure you have a happy and healthy holiday.

- **Moderation.** 'Tis the season for overindulgence, which makes pacing yourself even more important this time of year. From the food you eat to the hours you sleep, don't completely neglect the healthy habits you kept the other 11 months of the year. Try to keep your favorite treats within reason, you'll feel better and still get to enjoy those things you love.
- **Move.** Making it to the gym or fitness center may be a little more difficult at this time of year but that doesn't mean you can't be active. Aim for 30 minutes of exercise each and every day to keep healthy and strong all winter long.
- **Manage Stress.** The holidays can be overwhelming for anyone and how we manage the stress that it brings can greatly impact our overall healthy. Find healthy outlets and let the joy and laughter that or family and friends bring help to manage even the most stressful days.

TRANSPORTATION INFORMATION

Waltonwood Cotswold offers a variety of off site outings throughout the week Refer to the calendar for the full schedule!

We are happy to announce “Doctor’s Days” are Tuesdays and Wednesdays between 8:30-4:00pm. It is important to have your requests submitted by 5pm on Friday prior to the next week. We know that transportation is important to all our residents but advanced notice is necessary to provide the best transportation for everyone. If you find that you need transportation on short notice, please contact Kensey Rash to see if we can accomdate your request.

Monday: Lunch Outings at 11:30am

- 3rd – Café Monte
- 10th - Zoe’s Kitchen
- 17th - Vivace
- 24th – Improper Pig
- 31st – Texas Roadhouse

Friday: Shopping/Museum Outings at 10:30am

- 7th - Outing to the Nutracker Play at 1:00pm
- 14th - Outing to Gingerbread Lane
- 21st - Outing to Billy Graham Library
- 28th - Outing to Harris Teeter

DECEMBER SPECIAL EVENTS

01

December 5th – 4:30-6:30pm

The Dining Department will be hosting a Hanukkah Dinner Party. All faiths are welcome!

02

December 8th – 11:00-2:00pm

Dazzle Jewlery will be selling homemade items in the Café

03

December 13th – 10:30am

Encore Choir from Providence Baptist Church will be in the Dining Room!

04

December 16th – 1:00pm

Outing to see Miracle on 34th Street at Matthews Playhouse. Tickets are \$17.



EXECUTIVE DIRECTOR CORNER

Happy Holiday’s to all!

The holidays are a time to give thanks to everyone around us. The team at Cotswold continues to work hard to make this holiday season enjoyable for our residents, families and staff. We hope that you take time to visit one of our wonderful events that are planned in the coming weeks.

I’ll be sharing news soon about the potential new Executive Director at Waltonwood. Until then, please do not hesitate to reach out with questions, concerns or praise for our team! Thank you all for choosing Waltonwood as we are delighted to serve you and your loved ones.

Randy LeMaster
Regional Director of Operations



Celebrating Birthday's In December

- 2nd – Florence R.
- 14th – Adel B.
- 21st – Doris P.
- 29th – Ruth G.
- 30th – Martha S.

CHEF’S COOKING DEMONSTRATIONS

01

Shanay's Sweet Surprise

Look for Shanay and her dessert cart every Wednesday from 11:00-1:00pm

02

Live Action Station

Monday -Friday you will see a live action station featuring a special dinner entrée.

03

December 13th – 4:00-6:30pm

Feast of St. Lucia – A special event featuring a 5 course meal/ RSVP by December 10th.

04

December 24th – 11:00-2:00pm

Christmas Eve Lunch Buffet! Family must RSVP by December 20th.

Brown Butter Nectarine Cobbler

Ingredients Diets

- 4 lb., 7 Oz Nectarine, fresh
- 7 1/2 Oz Sugar, granulated
- 1 1/2 Tbsp Juice, lemon
- 9 Oz Margarine, bulk
- 13 1/2 Oz Flour, all purpose
- 14 3/4 Oz Sugar, granulated
- 1 Oz Baking powder
- 1/2 Tbsp Salt, iodized
- 3 1/3 Cup Buttermilk, 1%
- 5 3/4 Oz Nuts, almonds, blanched, sliced
- 1 Tsp Spice, nutmeg, ground
- 3 Oz Sugar, brown

Directions

NOTE: *DIRECTIONS ARE WRITTEN FOR A SINGLE 12x20x2" PAN THAT IS CUT 5 X 8 INTO 40-- 3" x 2" SERVINGS. IF MAKING OTHER THAN 40 SERVINGS, ADJUST NUMBER OF PANS AND/ OR SIZE OF PANS NEEDED.

NOTE: Peaches (fresh, frozen or canned) may be substituted for nectarines. 1 lb. sliced nectarines = 2 2/3 cups. CCP: Under cool, running water rinse nectarines. PEEL, remove pit and SLICE. Cover and refrigerate (41° F) until needed in recipe.

1. In a saucepan over medium heat, combine the nectarines, sugar (#1) and lemon juice. Bring mixture to a simmer, stirring constantly. Remove pan from heat.
 2. In a small saucepan over medium heat, melt butter. Stir constantly to keep butter from burning. Cook until butter turns golden brown. Watch carefully as butter can burn quickly.
 3. In a large mixing bowl combine flour, sugar (#2), baking powder and salt. Pour the buttermilk into the dry ingredients and mix just until moistened.
 4. Pour browned butter into bottom of 12 x 20 x 2" pan. Carefully pour the batter on top, being careful not to mix it in with the butter. Place fruit on top of batter and sprinkle with almonds, nutmeg and brown sugar.
 5. Bake at 350° F for 50-55 minutes, or until top is golden brown.
- NOTE: If cobbler topping appears to be browning to quickly, COVER PANS with foil half way through baking time to prevent topping from getting dry.
6. Cool slightly. Cut each pan 5 X 8 into 40-- 3" x 2" portions.
 7. Serve one 3"x 2" piece per portion.

Cobbler may be served warm, room temperature, or cold.

\$1,000 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!

FRIENDS & FAMILY REFERRAL PROGRAM!