

# COTSWOLD CONNECT

FEBRUARY 2019



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## COMMUNITY MANAGEMENT

Nichola Johnson  
Executive Director

Nicci Hurley  
Business Office Manager

Michael Norman  
Culinary Services Manager

Roberta Johnson  
Housekeeping Supervisor

Logan Diard  
Life Enrichment Manager

Jaynie Segal  
Marketing Manager

Hollie Sliwa  
Marketing Manager

Me'Shell White  
Wellness Coordinator

Cassandra Barnett  
Special Care Coordinator

Steve Engle  
Maintenance Manager

## The Season of Love

2 What are some of the first things people think of when they hear February is Valentine's Day? Chocolate, Roses, cute teddy bears, and fancy nights out, the whole package? But that is not all Valentine's stands for. It does not have to be just a day to celebrate your significant other. You can use this special day to appreciate any loved one in your family or community. Take a few minutes of your time to write a sweet note to someone special in your life. Give your grandchildren their favorite candybar. Make a long overdue call to an old neighbor. In the season of love, a small gesture goes a long way!

Thank you to everyone who has welcomed our new Executive Director into our community. We also have brought on a new Fitness Coordinator, Laura Marcus. Please continue to welcome them with open arms. As a reminder our Customer Satisfaction Surveys are available. Please take a few minutes to fill these out as they will let us know how we are doing! These satisfaction surveys also enter us to compete for awards amongst the other Waltonwoods in the company! Help us become the best Waltonwood we can be!

-Your Waltonwood Family

# ASSOCIATE SPOTLIGHT

## APRIL GREGORY

April Gregory is a native of Charlotte, NC. She is a Caregiver Mentor with Waltonwood and has been a part of the community since 2016. April is a proud CNA. She is a mother of two, a son named Tadreckus and a daughter named Ty'Nesha. She also has two grandchildren, Ky and Ta'Naisa. Outside of work, April sings on the Hymn Choir at her church, as well as two other churches, Citywide Hymn Choir and The Bible-Class Conscious. Along with singing April co-chairs 'The Senior Saints Committee' and she is a Junior Ushers Advisor. One of April's wishes is to always be a blessing to someone else. April is our Employee of the Month due to her timeliness and reliability. She always arrives to work ready to take care of our resident and she takes pride in her position. We are thankful to have someone like April on our team!



## January HIGHLIGHTS

### 01

We successfully rang in the New Year with our New Year's Social. The Champagne also helped!

### 02

At Waltonwood, we try our best to be a good welcoming committee. Here is a spread an employee put together for a new resident!

### 03

Bowling is one of our favorite past times at Waltonwood Cotswold.

### 04

We enjoyed getting our coffee fix at Amelies this January!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### Stick With It!

It's February, and if you're like 45% of Americans about a month ago you laid out a well-designed highly motivated new years resolution to conquer in 2019. However, if you happen to be that 1 in 3 who have already ditched those lofty aspirations for your old, more comfortable habits don't worry you still have plenty of time to reach your goals. Nearly 70% of resolutions set each year center around health and wellness and with weight loss and regular exercise ranking 1<sup>st</sup> and 3<sup>rd</sup> respectively you can see why so many plans fall short. While making drastic lifestyle changes like diet and exercise are difficult, they are not impossible. Understanding that nothing worthwhile (health-wise) happens overnight is an extremely important first hurdle to overcome in the pursuit of healthier living. By slowly implementing gradual changes to your routine rather than dramatic overhauls you allow your body and mind to adjust to a new sense of normal (just think of it as testing the waters before jumping in the deep end). So, this February I challenge you to stick with those resolutions because even if January wasn't as successful as you would have hoped that's ok because you still have 11 months of greatness ahead of you!

## TRANSPORTATION INFORMATION

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

Here are our Scheduled Outings for February!

### Thursday Outings

- 7<sup>th</sup> Outing to Discovery Place – This is a makeup event for a missed outing that occurred in January
- 14<sup>th</sup> Outing to Southern Styles Nursery and Garden Center
- 21<sup>st</sup> Lunch at Chili's
- 28<sup>th</sup> Outing to Panera Bread

In addition to all these outings, Memory Care goes on joyrides every Sunday at 3:30 to explore the various sights and neighborhoods of Charlotte.

## February SPECIAL EVENTS

01

February 1<sup>st</sup> – 3:00-4:00  
Join us for a Go Red Social, where we enjoy healthy snacks and red wine to promote heart health.

02

February 14<sup>th</sup> – 3:00-4:00  
Join us on Valentines day for a party complete with roses, wine, and romance!

03

Every Saturday in February  
Join us for a relaxed social centered around good conversation and a variety of teas!

04

February 22<sup>nd</sup> – 10:15-11:00  
Come and be apart of a day long trip to Australia while staying in the comfort of your armchair, with our Explore Asutralia Chat.



## EXECUTIVE DIRECTOR CORNER

Greetings and Happy Valentine's Day to ALL my Residents and Family members! I would first like to thank the residents and families of WaltonWood Cotswold for the warm welcome I have received over the past couple of weeks. I am excited to see what the New Year has to offer, and the memories we will make together. A New Year is a great time to try something different, such as a new game, or just meeting new people. As we look forward to a wonderful February- I will leave you with this quote: " The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. – Helen Keller"

-Nichola Johnson

Please feel free to contact me at [nichola.johnson@singhmail.com](mailto:nichola.johnson@singhmail.com)



## CHEF'S COOKING DEMONSTRATIONS

### 01

February 6<sup>th</sup>  
Live Action Pita Brea station for lunch.

### 02

February 14<sup>th</sup> 4:30-7:00  
Valentines Day dinner and dance

### 03

February 19<sup>th</sup> 4:30-6:30pm  
Live Action Brunch station.

### 04

February 27<sup>th</sup>  
Live Action Build your own Sundae Station for lunch.

## Celebrating Birthday's In January

- 26<sup>th</sup> – Sarah W.



Know anyone looking to volunteer?  
Please have them reach out to Logan Diard at [logan.diard@singhmail.com](mailto:logan.diard@singhmail.com) or call the main line to apply!

## Berry Chocolate Cheesecake

### Ingredients

- 12 Oz Nuts, almonds, blanched, sliced
- 2 Lb Chocolate chips, semisweet
- 2 Lb Cheese, cream, loaf
- 1 Lb, 3 Oz Sugar, granulated
- 12 Oz Whip topping, frz, ready-to-whip
- 1/4 Cup Preserves, strawberry
- 8 1/2 Oz Fruit, raspberry, red, frzn,
- 11 Oz Fruit, blueberry, frzn,
- 10 1/2 Oz Fruit, blackberry, frzn,

### Directions

- NOTE: Fresh berries may be substituted for frozen.  
CCP: Thaw frozen strawberries, blueberries and blackberries under refrigeration (41°F).
1. Pour ready-to-whip whipped topping into mixing bowl. Whip at medium speed until product reaches desired consistency. Cover and refrigerate (41°F) until needed in the recipe.
  2. Preheat oven to 375°F. Place almonds in a shallow pan; toast for approximately 8-9 minutes. Remove from oven and cool.
  3. Place almonds in a food processor and pulse until chopped. Press crumbs (about 12 oz) evenly on bottom of pan; set aside.
  4. In a double boiler or microwave, melt chocolate chips; stir until smooth. Cool completely.
  5. In a large bowl, beat cream cheese and sugar until smooth; beat in melted chocolate. Carefully fold in whipped topping. Spread cream cheese mixture (about 6 1/2 lbs) evenly into crumb lined pans; spread evenly. Cover and refrigerate (41° F) for at least 3 hours.
  6. PRIOR TO SERVING: Microwave jam on high for 15 seconds or until melted; fold in DRAINED fruit.
  7. Cut each pan 6 X 8 into 48 - 2" x 2 1/2" pieces.



## \$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!