

# COTSWOLD CONNECT

APRIL 2019

ASSISTED LIVING EDITION



5215 Randolph Rd., Charlotte, NC 28211  
[www.waltonwood.com](http://www.waltonwood.com) | 704-496-9310  
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## COMMUNITY MANAGEMENT

Nichola Johnson  
Executive Director

Nicci Hurley  
Business Office Manager

Michael Norman  
Culinary Services Manager

Roberta Johnson  
Housekeeping Supervisor

Kensley 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

## April Showers Bring May Flowers

Could the statement above be anymore true? We have received an abundance of rain the past few months. I hope that we will, in turn, see the flowers begin to flourish. Along with the longer days come the warmer temps. We will be getting the courtyards ready and trying to incorporate more outdoor programs in our Life Enrichment Calendar. We hope to roll out the grills and start celebrating the sunshine that we have missed so dearly! We are also excited this month to do a recycling project. In honor of Earth Day, we will be hosting a recycling challenge.

Bins will be set up throughout the community and we encourage all residents, staff, and visitors to recycle their glass, paper, and products. We also want thank you for allowing the management team to attend our Annual Symposium in March. We are looking forward to applying the things we learned into our community. The focus of this year's symposium was "Family". All of us here at WCO are in total agreeance that you are our family and we hope that you see us that way as well.

Your Waltonwood Family

### Fire Drill Reminder!

Please keep in mind that we are required to do monthly fire drills per state requirements. When the alarm goes off please stay wherever you are until the drill is over. If you are in need of ear plugs for future drills, please see Concierge!



## ASSOCIATE SPOTLIGHT

### ERICA ANTHONY

Erica is from Charlotte, NC and is a native of this area! She has three children, two boys and one girl. She also has a bearded dragon named Izzy! In her free time, Erica loves to travel and shop! Her favorite destination is Myrtle Beach and goes there a few times a year. Erica has a background in Medical Office Administration but decided she wanted to change things up. Erica has been at Waltonwood since Halloween of 2016! She started out as a part-time server and is now one of our three Dining Room Supervisors. In the future, Erica hopes to become an Event Coordinator for weddings and special events! When asked, her favorite thing about working at Waltonwood is engaging with the residents and learning about their history. Erica is our Employee of the Month because she is the epitome of friendliness towards all residents, guests, visitors, and associates. She goes above and beyond in making each resident feel welcomed and cared for. She is passionate and genuine and we are so thankful to have her on the Dining Team!



## MARCH HIGHLIGHTS

08

We couldn't let International Women's Day go by without a photo of all our international ladies in the community!

11

Nothing beats a fresh burger and a good friendship!



17

These two really got in the spirit of St. Patrick's Day!

24

It's always a good time to write thank you notes to people we care about!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### The Power of the Sun

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step outside and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!



# 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 accommodate your request.

## Monday: Lunch Outings at 11:30am

- 1<sup>st</sup> – Ihop
- 08<sup>th</sup> – Maggiones
- 15<sup>th</sup> – Pizza Peel
- 22<sup>nd</sup> – Firebirds
- 29<sup>th</sup> – Showmars

## Friday: Shopping/Museum Outings at 10:30am

- 5<sup>th</sup> – Marshall’s/ Walgreens
- 12<sup>th</sup> - Walmart
- 19<sup>th</sup> – Daniel Stowe Botanical Garden
- 26<sup>th</sup> – Harris Teeter

# APRIL SPECIAL EVENTS

03

Resident Ambassador Meeting

Join Sharyn to discuss April Move-ins and receive your new Ambassador pin!

17

Music from John Sharp

Join us in the Café at 2:00pm for live entertainment!

19

Paparazzi Jewelry Sale

11:00-1:00pm in the Café

All jewelry is \$5!

25

Live Music with Gina Taree

Welcome our newest enetertainer for her first perfomance at 2:30pm!



# EXECUTIVE DIRECTOR & RESIDENT CARE CORNER

**Greeting Residents and Families! With the arrival of spring, the world awakens to the brilliance of nature. It revives us all with it’s warm and cheerful ways. The ResCare & Business Office Team would like to provide a few updates/reminders:**

Please feel free to reach out to me with questions on your statements, LTC ( Long Term Care Insurance), or any other suggestion, concern, or feeback you would like to share. It is a pleasure to serve you as the Cotswold’s Business Office Manager alongside with our Concierge Team. My goal is to ensure you and your loves ones receive the highest level of customer service in both the business office and the front desk, You are my top priority! – Nicci Hurley, Business Office Manager

Residents and family – It is imperative that you inform the Resident Care Department about your appointments. You will be sent out with a folder, which will include your medication list, resident details, and insurance card. Please encourage your physician to fill out the form and provide any new orders and updates to bring back to Waltonwood. Your assistance in this process is vital to ensure effective communication regarding the health of each of our residents. Please feel free to contact the Wellness Coordinators or myself with questions or concerns. – Joselyn White, Resident Care Manager





## Celebrating Birthday's in April

- 2<sup>nd</sup> – Tip Heffner
- 7<sup>th</sup> – Gloria Wight
- 12<sup>th</sup> – Barbara Sklut
- 12<sup>th</sup> – Barbara Bagwell
- 16<sup>th</sup> – Mary Gataky
- 24<sup>th</sup> – Barbara Levine
- 27<sup>th</sup> – Eva Miller
- 30<sup>th</sup> – Zeke Foard



Know anyone looking to volunteer?  
Please have them reach out to  
Kensy Rash at  
kensy.rash@singhmail.com

## CHEF'S COOKING DEMONSTRATIONS

04

April 4<sup>th</sup> – 4:30-6:30pm  
The new Spring Menu is released!

21

April 21<sup>st</sup> 11:00-1:00pm  
Easter Sunday Luncheon

17

April 17<sup>th</sup> – 4:30-6:30pm  
Dinner Carvery BBQ Pok Loin, Marsala Sauce  
with Baked Potato

30

April 30<sup>th</sup> 4:30-6:30pm  
Live Action Pasta Station with Garlic Bread

### Smore's Cake

#### Ingredients

5 1/4 Oz Flour, all purpose  
3/4 Lb, 3 Oz Graham cracker crumbs  
1 Tbsp, 1 Tsp Baking powder  
7 Oz Sugar, granulated  
1/2 Tsp Salt, iodized  
1 Cup Eggs, liquid whole,  
PASTEURIZED  
2 Cup Milk, 2%,  
1 Cup Oil, canola  
1/2 Lb, 1 Oz Chocolate chips, semisweet  
3/4 Lb Chocolate chips, semisweet

#### Directions

1. Preheat oven to 350 F. Coat a 12x20x2" pan with nonstick cooking spray.
2. Combine flour, graham cracker crumbs, baking powder, sugar and salt in a large mixing bowl; set aside.
3. Combine eggs, milk, and oil in another mixing bowl. Stir into flour mixture; mix together just until moistened.
4. Blend first amount of chocolate chips into prepared batter.
5. Scale approximately 5 1/2 lb of batter evenly into prepared pans.
6. Bake in a 350 F oven for 25-30 minutes, or until a knife comes out clean when inserted into the center.
7. Sprinkle cake top with second amount of chocolate chips and marshmallows. Bake 5-10 minutes longer or until marshmallows are softened. Cool completely.



## \$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!