



Celebrating Birthday's In April

- 12th – Harold T.
- 21st – Richard T.



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

CHEF'S COOKING DEMONSTRATIONS

04

April 4th – 4:30-6:30pm

The new Spring Menu is released!

21

April 21st 11:00-1:00pm

Easter Sunday Luncheon
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.

17

April 17th – 11:30-1:00pm

Lunch station Carvery BBQ Pok Loin,
Marsala Sauce with Baked Potato

30

April 30th 11:30-1:30pm

Live Action Pasta Station with Garlic
Bread



\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!

COTSWOLD CONNECT

APRIL 2019

MEMORY CARE EDITION



5215 Randolph Rd., Charlotte, NC 28211
www.waltonwood.com | 704-496-9310
Facebook: /WaltonwoodCotswold

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

Let's Get to Work!

We ended March with an exciting bang thanks to the Taste of Waltonwood event. This gave us a reason to sample the exciting new spring menu from the cooks in Waltonwood's kitchens as well as an excuse to jumpstart on some gardening plans in our courtyard. We gave out and planted fresh basil, thyme, and tomatoes during the event. However, this is just a start for our spring gardening plans. We are also planning on getting started on a vegetable garden back in Memory Care.

This will include green peppers, jalapeño peppers, cucumbers, tomatoes, and cherry tomatoes. This is just one of a couple bigger projects we have planned for memory care. As in all aspects of life though, talk is cheap and it is more important to set our words into action. So join us this April as we get started on some bigger projects in life. Let's get to work!

-Your Life Enrichment Team at WCO

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

01

We had a strong start to the month with our Mardi Gras celebration; wine was sipped and beads were thrown!

02

Fitness is always important at Waltonwood! All of our employees help to create the perfect environment of health and wellness.

03

We have a wide variety of performers month to month at WCO. All of them do a great job getting out residents involved!

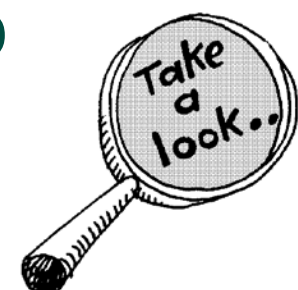
04

We finished the month with a bang by hosting the Taste of Waltonwood. We sampled the new spring menu as well as got a jumpstart on some spring planting.



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 out side 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!

Here are our Scheduled Outings for March!

Thursday Outings

- 4th Coffee run to Caribou Coffee
- 11th Lunch outing to Midwood Smokehouse
- 18th Picnic outing to one of Carlotte’s beautiful local parks
- 25th Outing to Aviation MuseumP

In addition to all these outings, Memory Care goes on joyrides every Monday at 10:15 AM to explore the various sights and neighborhoods of Charlotte.

APRIL SPECIAL EVENTS

01

April 1st – 4:00-4:30
It’s April first, come and discuss the craziest pranks ever pulled with us!

02

April 8th – 1:00-2:00
Join us for gardening group, everything from watering to pruning is on our itenerary for this activity.

03

April 20th – 1:00-2:00
Come lend your baking skills to us! The delicious item on the menu: Cherry Cobbler!

04

April 29th – 3:00-4:00
Join us for a special outdoor courtyard performance from violinist Christine Robinson.



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