

CHEF'S CORNER

2

February 2nd – 2:00 pm

Chicken Wings for the Super Bowl!

18

February 18th – 5:00 pm

Resident Birthday Dinner

14

February 14th – 4:30 pm

Valentine's Day Dinner

25

February 25th – 4:30 pm

New Orleans Dinner for Mardi Gras!



Celebrating Birthdays in February

- 9th – Hilde Curley
- 17th – John Bunch
- 19th – Janet Cotner
- 21st – Barbara Benz
- 26th – Jane Meyer



Know anyone looking to volunteer?
Please have them reach out to
Alexis Spencer at
alexis.spencer@singhmail.com

LIFE ENRICHMENT BULLETIN

We are partnering with a licensed massage therapist to offer geriatric massage services in the community. All appointments and payments can be arranged with her directly.

Call



And ask for Debbie to schedule your massage today!

267.303.9998

MASSAGE FOR YOUR LOVED ONE IS JUST A PHONE CALL AWAY!

Book Club will be meeting at 2:30 pm on Monday February 24th.

Please inform Alexis if you need a copy of the book.

***The Woman in the Window* by AJ Finn**



\$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!

COTSWOLD CONNECT

FEBRUARY 2020

ASSISTED LIVING EDITION



Redefining Retirement Living®

SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

Facebook: /WaltonwoodCotswold



Fall In Love With February

Here at Waltonwood Cotswold, we've been planning a fun-filled February with something to offer for everyone! This month we will be completing two volunteer projects. The blanket drive will benefit Crisis Assistance Ministry, and donations will be accepted at the concierge desk through February 18th. Additionally, we will be honoring World Cancer Day on February 4th by hosting a card making event at 3:30 pm. All cards will be sent to the Send A Smile Today organization, who then distributes the cards to cancer patients across the country.

We will be hosting Valentine's Day and Mardi Gras celebrations on February 14th and 25th, respectively. On February 7th, we encourage everyone to wear red for heart health! Programs on that day will be dedicated to promoting cardiovascular health. Finally, we will be celebrating Black History Month during movie nights, trivia, and other programs. Please refer to the monthly calendar for more details on all of these events.

-Your Waltonwood Family

COMMUNITY MANAGEMENT

Nichola Johnson
Executive Director

Sharyn Riddle
Business Office Manager

Charles Lowney
Culinary Services Manager

Roberta Johnson
Housekeeping Supervisor

Alexis Spencer
Life Enrichment Manager

Steve Engle
Maintenance Manager

Jaynie Segal
Marketing Manager

Hollie Sliwa
Marketing Manager

D'Ava Solomon
Resident Care Manager

Margurite King
Wellness Coordinator

ASSOCIATE SPOTLIGHT

PRISCILLA JONES

Priscilla was born in Buffalo, New York but soon migrated towards warmer weather moving to Florence, South Carolina during highschool. There she started working as a CNA in 1979 and became fully certified when she started working in Charlotte in 1995. Since then, she has practiced at various nursing homes and assisted living facilities. She has worked specifically at Waltonwood Cotswold in the memory care neighborhood since its opening in 2016. This means she has been with our residents through everything this community has experienced. Through it all, she has maintained the same respect and care towards all residents.

Away from work, she enjoys spending time with her family. She has three children and six grandchildren. Of course this means that her favorite thing to do on her day off is being at home with the grandkids. When she is not doing that she enjoys watching all football and specifically rooting for the Buffalo Bills. The Waltonwood Cotswold team as a whole is thankful to have Priscilla be apart of it. Not only does she put the residents needs first always but she goes above and beyond to help coworkers as well. Priscilla is an extremely hard worker and great team player which makes her the ideal candidate for employee of the month!



JANUARY HIGHLIGHTS

1

Cheers to the new year!
Thank you to everyone who celebrated with us.

13

Our residents made a trip to The Cowfish Sushi Burger Bar, where they tried a variety of Asian fusion dishes.



14

Kitty and Don were among the group who attended our Resident Birthday Dinner for January!

30

Margaret and Hilde helped create flower arrangements for the tables in our dining room.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Know Your Numbers

*Forever Fit:
Focus on Fitness*



Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure the healthy you have in the healthy you keep. There are however some other factors to consider, numbers than when elevated can greatly impact how you feel. High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body making your heart work harder and more susceptible to heart disease and stroke. So, this February join with the American Heart Association and help celebrate American Heart Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a healthy, happy lifestyle for years to come.

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 of 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 Teresa Farmer (704-712-5804) or Alexis Spencer to see if we can accommodate your request.

Monday: Lunch Outings at 11:15am

- 3rd – Cracker Barrel
- 10th – Eddie’s Place
- 17th – Red Rocks Cafe
- 24th – Salsarita’s

Friday: Community Outings at 10:30am

- 7th – Bowling Alley
- 14th - Brunch at Snooze AM Eatery
- 21st – Harris Teeter
- 28th – Royal Café and Creperie

Saturday Errands

Please notify Teresa Farmer or Alexis Spencer by phone or email. Appointments may be scheduled on 2/1 and 2/15 between 9 am and 12 pm.

FEBRUARY SPECIAL EVENTS

7

Wear Red for Heart Health Day!

February 7th

Our programs will all relate to promoting cardiovascular health for our residents.

9

Live Music with Unitarian Universalist Church of Charlotte

February 9th at 3:30pm

Back by popular demand, the choir will be returning just in time for Valentine’s Day!

14

Valentine’s Day Celebration

February 14th at 3:00 pm

We will have live music with Gina Tarée first, and a special dinner to follow at 4:30.

25

Mardi Gras Party and Dinner

February 25th at 3:30 pm

The festivities will begin at 3:30 pm and continue through dinner time. Join us for an afternoon of fun!



EXECUTIVE DIRECTOR CORNER

First and foremost, thank you to all of our residents, family members, and guests for being understanding and working with us during the challenges we faced in January. Our top priority is the safety, health, and wellness of our residents. It is because of your cooperation that we were able to return to a normal schedule within the community in a timely manner.

During the month of February, family members will be invited to a Family Night event, which will be hosted by myself and the leaders of the Resident Care team. Please be on the lookout for more information via email.

-Nichola Johnson, Executive Director