



Celebrating Birthdays in February

- 26th – Sarah Ellen Watson



Know anyone looking to volunteer?
Please have them reach out to
Logan Diard at
logan.diard@singhmail.com

CHEF’S CORNER

2

February 2nd – 3:00 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!

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!



\$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

MEMORY CARE EDITION



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 1:00 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

Logan Diard
Life Enrichment Manager

Steve Engle
Maintenance Manager

Jaynie Segal
Marketing Manager

Hollie Sliwa
Marketing Manager

Jennifer Jones
Wellness Coordinator

D'Ava Solomon
Resident Care Manager

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

We rang in the new year with champagne, smiling faces, and a lot of noise!

8

We invested in a jumbo sized parachute this past month. Lots of fun was had by all.



27

John Lewis is back and we are beyond excited!

30

Our restaurant of choice this month was Magiano's Little Italy. We enjoyed everything from meatball subs, Italian flatbreads, and shrimp scampi.



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!

Here are our Scheduled Outings for February!

Thursday Outings:

- 6th Outing to Charlotte Museum of History
- 13th Lunch Outing to Cracker Barrel
- 20th Ice Cream Run to Ben N' Jerry's
- 27rd Dominoes Pizza Party!

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.

FEBRUARY SPECIAL EVENTS

4

Letter Writing for World Cancer Day
February 4th at 1:00pm

Join us as we write supportive letters for people who have survived or still fighting a battle with cancer.

11

Name That Celebrity: Black History Month Edition
February 11th at 4:00 pm

In honor of Black History month come learn about famous African Americans and their legacies.

18

Charity Project: Blanket Drive
February 18th at 1:00 pm

Donate your extra blankets to our first annual blanket drive.

25

Mardi Gras Party and Parade
February 25th at 1:00 pm

Come eat king cake and catch some beads at this fun Fat Tuesday party!



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