



Celebrating Birthdays in March

- 3<sup>rd</sup> – Gladys Meek
- 5<sup>th</sup> – Kathy Levanson
- 6<sup>th</sup> – Richard Meek
- 10<sup>th</sup> – Eleanor Brevard
- 11<sup>th</sup> – Jean Krueger
- 16<sup>th</sup> – Marilyn Lewis
- 19<sup>th</sup> – Betty Knox
- 19<sup>th</sup> – Jerry Stephens
- 25<sup>th</sup> – Florence Rosenberg
- 31<sup>st</sup> – Virginia Kenny



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

CHEF’S CORNER

5

March 5<sup>th</sup> – 4:00 to 6:00 pm

Family Night Hors D’oeuvres

25

March 25<sup>th</sup> – 1:00 to 3:00 pm

Taste of Waltonwood Event

17

March 17<sup>th</sup> – 4:30 pm

St. Patrick’s Day Dinner

31

March 31<sup>st</sup> – 5:00 pm

Resident Birthday Dinner

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 March 30<sup>th</sup>.

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



\$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

MARCH 2020

ASSISTED LIVING EDITION



*Redefining Retirement Living®*

**SINGH**

5215 Randolph Rd., Charlotte, NC 28211

[www.waltonwood.com](http://www.waltonwood.com) | 704-496-9310

Facebook: /WaltonwoodCotswold



## Marching On!

Here at Waltonwood Cotswold, we have been busy continuing to plan some exceptional events for you all in the month of March! On Thursday March 5<sup>th</sup>, we will be hosting Family Night to introduce our Resident Care leaders. The entire management team will be present for this event. Refreshments, hors d'oeuvres and entertainment will be available. Please RSVP today with concierge (704-496-9310). On that note, the management team will be participating in a training opportunity in Michigan from March 10<sup>th</sup>-12<sup>th</sup>. A contact person has been established for each

department. Please refer to the official bulletin sent out through email via Constant Contact, and feel free to ask any of the managers if you have additional questions. The community will be hosting our 2<sup>nd</sup> annual Taste of Waltonwood event on March 25<sup>th</sup> from 1:00-3:00 pm. We will be showcasing our excellent culinary department, offering tours of the community, and creating a miniature herb project. Please RSVP with concierge if you are interested in attending this event. We look forward to seeing you this month!

## COMMUNITY MANAGEMENT

Randy Lemaster  
Regional Director of Operations

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

## TRICIA BLACKMAN

Tricia was born in Guyana, South America and was the 4<sup>th</sup> of six children. Growing up she only knew of her Mother’s side of the family never getting a chance to meet her Father’s relatives who lived in Antigua and Barbuda. In the early 2000s she finally got her chance when her and her husband were able to move and reconnect with that side of her family. Family once again was the reason for her move from Antigua and Barbuda to New York. This time it was her Husband’s family that sparked the move.

From New York, Tricia moved to Charlotte to follow her husband and his work. All the while her biggest joy and passion was being a stay at home mom with her two kids a boy and a girl. They are now 26 and 23 respectively and pursuing careers in accounting and the healthcare field. After they left the house, Tricia started working in other senior living communities, but as soon as she saw the Waltonwood Cotswold building under construction in 2016, she knew she had to work here. She started even before the building opened as a culinary supervisor. She is still happily working in this position to this day and her favorite part about the job is being able to leave knowing that she made a difference in the lives of the residents whether through superior food or superior service.

Aside from working, Tricia enjoys listening to music, dancing, and most of all being able to go biking. This is her biggest joy apart from being able to spend time with her children and she goes to some of Charlotte’s many greenways as often as possible. We are very lucky to have such a hardworking individual as a part of the Waltonwood Cotswold team!



## FEBRUARY HIGHLIGHTS

- 4

Kitty was amongst a group of residents who wrote cards for cancer patients on World Cancer Day.
- 6

We painted heart wreath decorations for Valentine’s Day. You can check them out in our 1<sup>st</sup> floor hobby room!



- 14

Our special Valentine’s Day dinner was a success! Thank you to all who attended and we look forward to the next event.
- 25

We had a full day of Mardi Gras events! Our residents enjoyed Hurricane drinks, festive masks, and some authentic New Orleans cuisine!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### Pick Your Pace

*Forever Fit:  
Focus on Fitness*



Just like our personalities our fitness profile is uniquely ours. Our strengths, weaknesses, abilities and limitations are directly related to our overall health and wellness. Past experiences often shape our perception of where we feel we “should” be when assessing our current state, and while it’s completely normal to want to compare ourselves to others...don’t! What matters most is being honest with yourself and with your capabilities, because it’s those capabilities that allow you to establish an appropriate base upon which your future improvements can be built. By focusing on yourself rather than focusing on the work of your peers you help identify what your body truly needs, a tailored approach designed for you and you alone. Like most thing in life exercise is not one size fits all so don’t be afraid to slow down to pick a pace that suits you best. A good exercise program is a safe exercise program one designed with your needs in mind is the safest one of all.



# 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

- 2<sup>nd</sup> – Yafo Mediterranean Kitchen
- 9<sup>th</sup> – Tupelo Honey Cafe
- 16<sup>th</sup> – Grace O’Malleys Irish Public House
- 23<sup>rd</sup> – Upstream Seafood Restaurant
- 30<sup>th</sup> – Smashburger

Friday: Community Outings at 10:30am

- 6<sup>th</sup> – Caribou Coffee
- 13<sup>th</sup> - Target
- 20<sup>th</sup> – Movie Theater
- 27<sup>th</sup> – Dish It Out Pottery Studio

Saturday Errands

Please notify Teresa Farmer or Alexis Spencer by phone or email. Appointments may be scheduled on 3/14 and 3/28 between 9 am and 12 pm

# MARCH SPECIAL EVENTS

5

Family Night  
March 5<sup>th</sup> at 4:00 pm  
Join us to meet the Resident Care leadership team! Refreshments will be provided.

17

St. Patrick’s Day Party  
March 17<sup>th</sup> at 3:30pm  
We will be celebrating the holiday with some leprechaun-approved treats.

21

Celtic Music with Tom & Amelia  
March 21<sup>st</sup> at 2:00 pm  
This is their debut at Waltonwood Cotswold!

25

Taste of Waltonwood  
March 25<sup>th</sup> at 1:00 pm  
We will be showcasing our excellent culinary department and offering samples of several food items.



# EXECUTIVE DIRECTOR CORNER

Residents and Friends,

I wanted to take a moment to thank you for completing the resident/family satisfaction survey over the holiday season. I have spent a great deal of time reviewing your responses and look forward to working with our community leaders on our action planning that will begin in March. In upcoming weeks, I’ll send further communication about our surveys and our 2020 goals. Without your feedback, we will not continue to grow as a community. Thank you!

-Randy Lemaster, Regional Director of Operations