

COTSWOLD CONNECT

JULY 2020

MEMORY CARE EDITION



Redefining Retirement Living®

SINGH

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Red, White, and Thankful for You!

As our situation continues to evolve at Waltonwood Cotswold, we wanted to take the opportunity to thank all of you for your support. We could not be as successful as we have been without you! We would also like to welcome three new individuals to the leadership team: Tammy Mullins (Executive Director), Ashley Gresham (Assisted Living Wellness Coordinator), and Edgar Castro (Culinary Services Manager).

Once again, this month we'd like to remind everyone to continue drinking water and wearing sunscreen and hats when you visit the courtyard. Also, please continue to be mindful of social distancing when visiting the common areas. We encourage all of our residents to enjoy

the nice weather as often as possible, and our staff will assist with reminding everyone to spend some time outdoors!

In addition to the in-room programming and weekly theme days that we have been providing, we will begin offering a hallway programming multiple times throughout the week. This may include balloon volleyball, a sing along, trivia, armchair travel, or Bingo. Forever Fit classes will continue to occur 4 times daily with the group size being limited to 4 residents. This will include walking groups, weight classes, and stretching classes. We will continue to keep the health and well-being of our residents as our first priority.

-Your Waltonwood Family

COMMUNITY MANAGEMENT

Randy Lemaster
Regional Director of Operations

Tammy Mullins
Executive Director

Sharyn Riddle
Business Office Manager

Edgar Castro
Culinary Services Manager

Roberta Johnson
Housekeeping Supervisor

Logan Diard
Life Enrichment Manager

Steve Engle
Maintenance Manager

Jaynie Segal
Marketing Manager

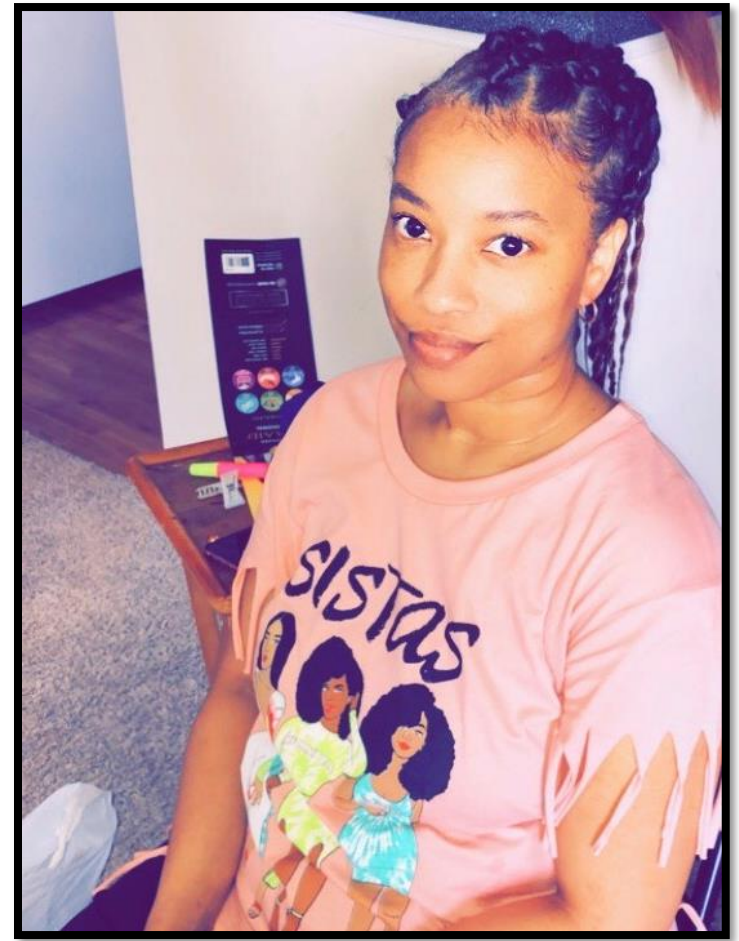
Hollie Sliwa
Marketing Manager

Jennifer Jones
Wellness Coordinator

D'Ava Solomon
Resident Care Manager

ASSOCIATE SPOTLIGHT

RUTH SAINT-FORT



Ruth is originally from Haiti and moved to Miami, Florida with her Mother in 1996. She moved to Charlotte in 2006, and has lived here ever since. While in Miami, Ruth started working in senior living communities and enjoyed it so much that she has stayed in the field ever since. This brought her to working in the dining department at Brookdale Cotswold when she moved to Charlotte. She also started working at our sister community Waltonwood Providence in 2015. Originally, Ruth came to Waltonwood Cotswold as extra dining room support in early 2019. She liked it so much that she made the move to become a full time Cotswold employee by October.

Since then, Ruth has done a great job as a server in the Dining Room and has provided a great Resident centered dining experience. Her favorite part of working at Waltonwood Cotswold is being able to interact and build relationships with residents. According to Ruth, "Often times, they can make your day!" She has also done a great job of adapting with the ever-changing environment caused by the Covid-19 situation while still putting our residents first.

Outside of work, Ruth enjoys spending time with her very energetic nine-year-old son, Ethan. She also enjoys watching action movies and football. We are very lucky to have Ruth as a part of our Waltonwood family due to her continued devotion to her residents and creating a superior dining environment.

JUNE HIGHLIGHTS

At Waltonwood Cotswold, we have been working hard to ensure that our residents are happy and healthy. Our Life Enrichment department has been doing theme days once per week to keep everyone's spirits up! We will continue to provide exciting programs while keeping social distancing in mind.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Forever Fit: Focus on Fitness



You Can!

Henry Ford once said, "Whether you think you can, or you think you can't...you're right." Often the ultimate success of an exercise program starts with the words we tell ourselves. Far too often we don't give ourselves the credit we deserve for the strengths we have. Far too often we focus on what we can't do instead of embracing what we can. At a time when motivation can be hard to find and positive thoughts are replaced by uncertainties give yourself the credit you deserve. The words we tell ourselves are the foundation our potential so let those words be kind, confident and powerful!

JULY SPECIAL EVENTS

2

Stars & Stripes Day

July 2nd

Let's break out the red, white and blue just in time for the 4th of July! This is the perfect occasion for everything patriotic.

9

Under the Sea Day

July 9th

Forget your troubles, life will be the bubbles on Under the Sea Day! We'll be enjoying marine-themed food and drinks, and the music will make you wish you were at the beach!

16

Southwestern Fiesta Day

July 16th

We're turning up the heat for our Southwestern Fiesta. Make sure to BYOC – Bring Your Own Cactus!

23

Christmas in July

July 23rd

We could all use a little cheer this month, so we're hosting "Christmas in July." Imagine all things tropical combined with the Christmas spirit.



EXECUTIVE DIRECTOR CORNER

I would like to thank everyone for the wonderful & warm welcome that I have received here at Waltonwood Cotswold. It is my privilege to work with some of the absolute best managers and caregivers in the business. I would be nowhere without them, I shudder to even think. In turn, what good would any of the management and staff be without residents to care for? We have the most amazing residents. As I continue to learn more about these wonderful individuals, I remain in awe at the diversity amongst our residents as well as the incredible experiences they share. Someone once said to me, "All that we are or ever hope to be, we will owe to angels that cross our paths." In this short time. I have certainly crossed paths with many angels. Our residents are now in the "golden" years of their lives. They have gone from the nurturers to the nurtured. It is my number one mission to see that they are taken care of the way they deserve to be and that they have the best quality of life possible. As always, please let us know if there is anything we can do to better make that happen. Thank you for allowing me to be blessed with your loved ones and I look forward to many years to come.

- Tammy Mullins, Executive Director



CHEF'S CORNER

Our dining operations are continuing as normal, though we are practicing social distancing by providing in-room meal service at this time. Menu items are similar to what is normally offered in the dining room. In addition, we still have hydration carts being offered three times daily.

Meals are being served at the times below.

Breakfast 7:00 am - 9:00 am
Lunch 11:00 am – 1:00 pm
Dinner 4:00 pm – 6:00 pm

LIFE ENRICHMENT BULLETIN

Celebrating Birthdays in July

July 17th – Nancy Rucker
July 18th – Bill Wantuck



Thank you for practicing social distancing

Protect yourself and others from infection



SAFETY FIRST



Face coverings are required in our community.

Please see the Executive Director if you need a mask.



\$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!

