



Celebrating Birthdays in August

August 5th – Carolee Gramaglia
August 5th – Christine Gantt
August 12th – Shirley Holzworth
August 16th – Henry Helms
August 20th – Ellis Levinson
August 22nd – Pat Jenkins



CHEF'S CORNER

This month, we will be reopening our dining room for meal service. Lunch will be the only meal served in the dining room until Monday, August 3rd, which is when we will offer all three meals in the dining room.

- Dining times will be done by floor.
- Only one resident per table will be allowed. Residents who live in the same apartment can dine together. We have seating for around 32 residents.
- Masks must be worn to your table and anytime you leave the table.
- You will be asked to social distance when out of your apartment (remember, six feet!)
- Meal service is only 45 minutes; ordering will be done the day before and we will encourage residents to maintain the limit on dining time.
- You may still order food to your apartment for the time being at no cost.
- Staff will be highly visible to assist in getting into a routine.

LIFE ENRICHMENT BULLETIN

Thank you for
practicing social
distancing

Protect yourself and others from infection



WALTONWOOD
Redefining Retirement Living
SINCE 1988

SAFETY FIRST



Face coverings are required
in our community.

*Please see the Executive Director
if you need a mask.*

WALTONWOOD
Redefining Retirement Living
SINCE 1988



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

COTSWOLD CONNECT

AUGUST 2020

ASSISTED LIVING EDITION



Redefining Retirement Living®

SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

Facebook: /WaltonwoodCotswold



We're On Top of the World at Waltonwood!

We have had plenty of exciting news to share with you in the last few weeks, and are thrilled to formally announce the reopening of our dining room and beauty salon this month! Residents will be reminded to wear masks in these common areas and encouraged to social distance. Full dining room services will begin on Monday August 3rd. We ask that all residents please continue to keep an eye out on your front door pedestals for communications from our leadership team. We will provide detailed information regarding beauty shop expectations and dining room operations. Please see a manager if you have questions on either of these subject areas.

In addition, our Life Enrichment department will begin to host small group programs starting August 1st. Please refer to your monthly calendar for more specific information regarding program descriptions, times, and locations. Our Forever Fit classes will now be able to hold 6 residents. The class schedule will remain relatively unchanged. Finally, we are offering scenic drive outings on the Waltonwood bus every Friday at 10:00 am and 1:30 pm, with a maximum of 4 residents per trip. Please see a Life Enrichment staff member or Concierge to sign up for a scenic drive!

-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

Alexis Spencer
Life Enrichment Manager

Steve Engle
Maintenance Manager

Jaynie Segal
Marketing Manager

Hollie Sliwa
Marketing Manager

Ashley Gresham
Wellness Coordinator

D'Ava Solomon
Resident Care Manager

ASSOCIATE SPOTLIGHT

ASIA MASSEY

Asia was born and raised in Charlotte, North Carolina and graduated from Garinger High school in 2010. Since then, she has gone on to attend classes at Central Piedmont Community College. Most importantly, she is a proud mother of one child. Asia has worked as a housekeeper for three years in total and has been with the Waltonwood Cotswold family for just over seven months. At Waltonwood, Asia is a laid back and reliable coworker and always a hardworker when it comes to serving the residents. Outside of work she continues to be a chill kind of person who enjoys watching movies, traveling, listen to music, being with family, and cooking during her free time. We can always count on Asia to go above and beyond the line of duty when it comes to serving our residents and the Waltonwood Cotswold community.



JULY 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



Finding A Sense of Calm

*Forever Fit:
Focus on Fitness*

The stress of that past few months has been a heavier load than many of us have ever had to bear. So many unknowns that seem to keep growing by the day leave us with restless mind and an exhausted body. Now more than ever how we manage this stress can directly impact our health and well-being. Finding positive outlets that bring us a greater sense of calm are key to maintaining peaceful mind and a strong body. Low-impact rhythmic exercise, calming meditation & deep breathing techniques and even listening to soothing music all help to all help to lower cortisol levels in the body and boost the immune system. At a time when so much is out of our control dedicate a few minutes every day to embrace the things you can. Acknowledge those things that weight heavy on your mind but let your true focus be on the things that bring you joy. Take the extra time to slow down, breathe and allow yourself to find a personal sense of calm.

AUGUST SPECIAL EVENTS

6

Back to College Day

August 6th

Break out your favorite college colors and fight songs and get ready to support your favorite schools as they begin to open their doors again.

13

Southwestern Fiesta Day

August 13th

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

20

Carnival Day

August 20th

Step right up! And take part in our sure to be colorful, excitement filled carnival theme day. Who knows, maybe you'll win something!

27

80's Day

August 27th

Everyone's favorite decade of over the top hair styles, action movies, and fashion statements is getting the Waltonwood treatment on this theme day!



EXECUTIVE DIRECTOR CORNER

Even in the middle of a pandemic, here at Waltonwood Cotswold we know how to have fun! What a great summer we have been having. I want to say a special welcome to many of our new neighbors and friends here at Waltonwood. I also want to remind everyone to drink a lot of water and don't stay out in the sun too long. I'm looking forward to seeing everyone this month as we begin the reopening process of our dining room and life enrichment activities. I know the menu and fun entertainment will not disappoint. So, as we continue to learn our new normal (at least for the moment), be assured that your Waltonwood Cotswold family will adjust to continue and ensure that all of our residents are happy, safe and healthy! Have a great month August 2020!

Sincerely,

Tammy Mullins