

LIFE ENRICHMENT BULLETIN

Celebrating Birthdays in January

January 4th - Don Freund
January 12th - Sibyl Newton
January 20th - Jenny Howell

"The longer I live, the more beautiful life becomes."

-Frank Lloyd Wright

Helping Residents Keep in Touch

COVID-19: HOW PEOPLE ARE STAYING CONNECTED*



81%
are using phone calls to keep in touch with family and friends

76% text messages
47% video calls

Top 5
platforms people are using to stay connected:

65% Facebook
39% WhatsApp
27% Instagram
22% Skype
16% Zoom



The first thing people want to do when this is all over:

32% hug family and friends
10% go to a restaurant

EMBRACING TECHNOLOGY



Our residents and their family members are using a GrandPad or Echo Show with Alexa to communicate and stay connected with one another.



We can help you connect too!

Ask to talk with one of our Life Enrichment team members today.

www.Waltonwood.com



*Data according to a 2020 Pureprofile survey.



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

JANUARY 2021 ASSISTED
LIVING EDITION



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Spreading Cheer for the New Year!

On behalf of the entire Waltonwood Cotswold community, we would like to wish you a very happy New Year! Our team hopes that 2021 will bring you joy and happiness. As we reflect on the past year, we are extremely grateful for all of your support as we navigated each unexpected hurdle that came our way. Your kindness and patience is appreciated by all. We will be starting the year off strong by hosting three COVID-19 vaccine clinics in partnership with CVS. Please refer to the Executive Director Corner on page 3 for more details on the clinics.

Additionally, we will continue to keep families connected by any means possible. We are currently utilizing Facetime, Skype, and Zoom platforms to host individual virtual visits, and we are now offering family conferences via Zoom! To schedule any of these services, please contact Alexis and Logan in Life Enrichment.

We are committed to keeping your loved ones happy and healthy. We thank you for being part of our Waltonwood Cotswold family, and we look forward to seeing what 2021 will bring for all of us!

-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

ASSOCIATE SPOTLIGHT

ANDRE'A DEBERRY

Andre'a Deberry was born in Dillon, South Carolina and grew up all over the Carolinas. She graduated nursing school at the age of 19 and has been a nurse for twenty years. She later received her BS from Coker and her MBA from Walden. Andrea has 6 children, four boys and two girls, and two grandsons. Family is extremely important to Andrea. Her grandmother Lillie largely influenced the person she is today. Being raised by her grandparents and her great grandmother, she feels that she has a special love and connection to seniors, which is what makes her a perfect fit as our Wellness Nurse at Waltonwood Cotswold. Her favorite part about working here is the connections she makes with other people, both residents and staff. Besides being a nurse, a mother and a grandmother, Andrea loves to dance, paint, practice yoga, write, read tarot cards, teach people and practice meditation and energy healing, which she feels helps her cope with the every day struggles of being a nurse, especially during these trying times of the pandemic. Andrea loves to make people smile and laugh by always cracking jokes. Her infectious laugh and her sense of humor are just a few of the many reasons she has proven to be a great addition to our Waltonwood Cotswold team!



DECEMBER HIGHLIGHTS

On December 17th, we hosted a door-to-door holiday for all of our residents. We kicked off the day by giving each resident their hydration-themed gift from the community. During the afternoon event, we had hundreds of cookies to give out, a full bar with alcoholic and nonalcoholic options, and room visits with Santa and his helper, Charley. Check out all of the excitement below!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Moving Forward

*Forever Fit:
Focus on Fitness*



Finally! January is here, 2020 is over and 2021 has arrived ready to offer a new sense of hope. Last year was tough, maybe even the hardest year of our lives. We lost so many traditions, milestones and celebrations to a circumstance far beyond our control. It would be so easy to look back and dwell on what could have been wondering what if? While you have every right to reflect on the past twelve months, I encourage you to shift your hopes to the next twelve to come. Take this opportunity to embrace the progress we've made and know this progress puts us one step closer to the way things used to be. There's no doubt the road ahead will still be bumpy but step into the new year with the hope and conviction that 2021 will truly be a healthy, happy new year!

"It's amazing how a little tomorrow can make up for a whole lot of yesterday."

-John Guare

JANUARY SPECIAL EVENTS

7

Warm & Cozy Winter Flannel Theme Day

January 7th from 2:00 pm to 4:00 pm

Break out your flannel shirts, and we'll bring the warm beverages! We'll help keep you warm this winter.

14

Favorite Hat Theme Day

January 14th from 2:00 pm to 4:00 pm

Today is your opportunity to show off your favorite hat in your closet. We're celebrating National Hat Day (one day early)!

21

80's Theme Day

January 21st from 2:00 pm to 4:00 pm

We're throwing it back this week! Let's go back to the decade of metal bands and big hair, and don't forget to find yourself something acid-washed to wear.

28

Beat the Winter Blues Theme Day

January 28th from 2:00 pm to 4:00 pm

We're going to show winter who's boss by going all out with the color blue. After all, the best way to fight fire is with fire!



EXECUTIVE DIRECTOR CORNER

I wanted to wish you all a Happy New Year as we welcome 2021! In late December, we were given some very exciting news that Waltonwood Cotswold would begin receiving the COVID-19 vaccines in mid-January. We are partnering with CVS Pharmacy to offer the vaccine to any resident or associate who is interested in receiving it. Our first clinic will be held on January 20th. In one of the community updates, I had attached both of the required forms for the clinic. I ask that everyone please take the time to fill these out as soon as possible so that we can ensure that your loved one receives the vaccine at the earliest opportunity. I ask that you fill out as much of the forms as you are able to. Completed forms can be emailed to myself (Tammy.Mullins@singhmail.com) and Alexis (Alexis.Spencer@singhmail.com), or dropped off at the concierge desk. Concierge also has blank copies of these forms for anyone who would prefer to pick up a physical copy. Please do not hesitate to contact me with any questions or concerns prior to the clinic.

We feel very optimistic that this will be a major step in the right direction. I thank all of you for your cooperation during this process.

Sincerely,

Tammy Mullins