



## CHEF'S CORNER

Meal service will operate under the same precautions as previous months and can be found below.

- 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 approximately 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.
- **The cost for room service will be reinstated on April 1<sup>st</sup>.**
- Staff will be highly visible to assist in getting into a routine.

## LIFE ENRICHMENT BULLETIN

### Celebrating Birthdays in March

March 3<sup>rd</sup> – Gladys Meek  
March 6<sup>th</sup> – Richard Meek  
March 8<sup>th</sup> – Ronna Kistenberg  
March 10<sup>th</sup> – Eleanor Brevard  
March 11<sup>th</sup> – Jean Krueger  
March 16<sup>th</sup> – Marilyn Lewis  
March 19<sup>th</sup> – Betty Knox  
March 19<sup>th</sup> – Jerry Stephens  
March 25<sup>th</sup> – Florence Rosenberg  
March 27<sup>th</sup> – Merle Wiens  
March 28<sup>th</sup> – Johnette Nichols  
March 31<sup>st</sup> – Virginia Kenny

“The longer I live, the more beautiful life becomes.”

-Frank Lloyd Wright

We will be bringing back errands beginning **Friday, March 5th!**  
The guidelines will be as follows:

- Every Friday, **until outings resume**, from 9am-1pm
- Saturday, March 13<sup>th</sup> and Saturday, March 27<sup>th</sup> from 9am-3 pm
- You may request specific locations
- Appointments will be **first come, first served**
- Face masks will be required

Contact Teresa at 704-712-5804 to make your request, or submit your request with concierge. **Please submit the following information with your request:**

- Date, time, location and duration of errand



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$3,500 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

MARCH 2021

ASSISTED LIVING EDITION



5215 Randolph Rd., Charlotte, NC 28211  
[www.waltonwood.com](http://www.waltonwood.com) | 704-496-9310  
Facebook: /WaltonwoodCotswold



## Let's March Into Spring

At Waltonwood Cotswold, we're back in full swing just in time for spring! We have resumed meals in the dining room, small group programs, beauty salon appointments, and indoor visitation for loved ones. We would like to encourage all of our residents to participate in these offerings, but continue to wear masks and social distance. If you have any questions about the current operations within the community, please reach out to a leadership team member.

We would like to reiterate the guidelines for indoor visitation. We have put parameters in place to ensure that we are following cleaning guidelines and to ensure continued safety for everyone in the community. Visits will be 7 days per

week beginning at 10:00 am with the last visit starting at 4:00 pm. Each visit will be 30 minutes long and we will reserve 15 minutes after the visit for cleaning. We ask that every visitor wear a mask and maintain social distancing for the entire duration of their visit. We will be doing visits in our community library which will allow privacy. Each apartment will get one visit per week, with a maximum of two visitors per visit. Please ensure that you communicate with your family members to space out your weekly visits to allow other families the ability to sign up. We will be using Sign Up Genius to sign up online. Please reach out to us if you have any questions.

-Your Waltonwood Family

## COMMUNITY MANAGEMENT

Randy Lemaster  
Regional Director of Operations

Eric Davis  
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

Lane Boyers  
Marketing Manager

Christy Yost  
Resident Care Manager

Victoria Cleveland  
Wellness Coordinator

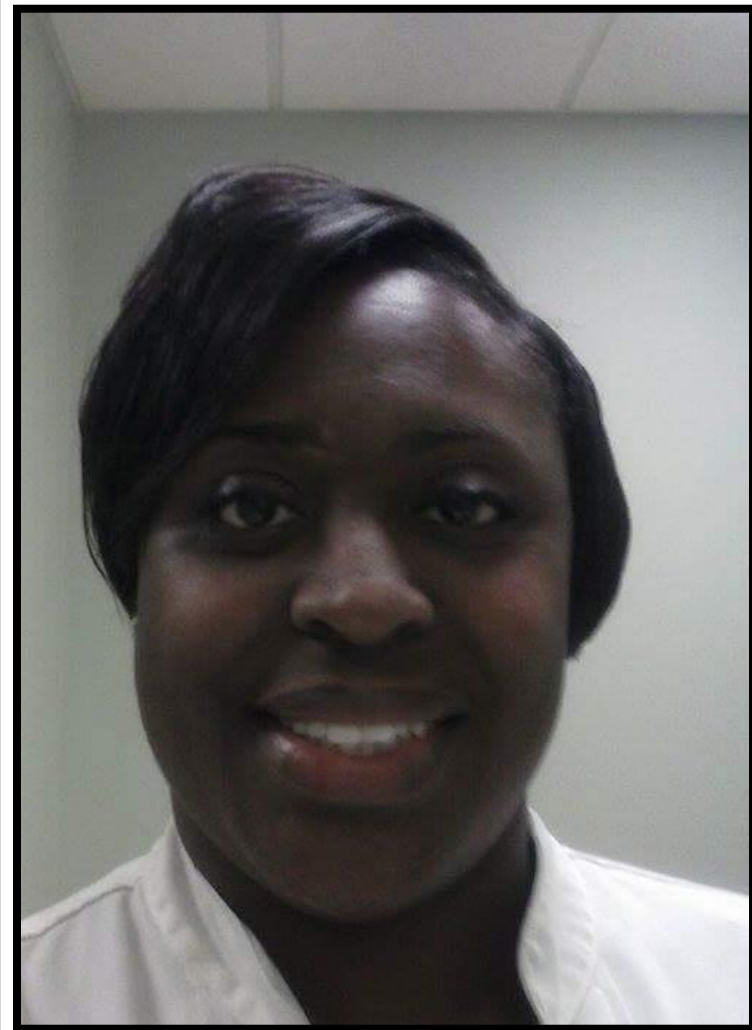


## ASSOCIATE SPOTLIGHT

### TANEKA BROWN

Taneka was born in Maryland before moving to North Carolina in 1992. She finally moved out to Charlotte in 2013. Along the way, Taneka has worked extensively as a cook for multiple hospitals such as CMC Matthews and Novant Presbyterian as well as a couple grade schools along the way. This makes Waltonwood Cotswold her first foray into housekeeping. Taneka has been with us for a year and has enjoyed working extensively in our memory care neighborhood. She truly loves it and her favorite part of the job is being able to help the residents with whatever they need, even outside the realm of housekeeping.

Outside of work, Taneka has a catering business called Luajoie's Catering. Cooking is her biggest passion as she is a chef at heart. This business is Taneka's way of realizing a dream. Her specialty dishes include her mac n'cheese, shrimp and grits, fried chicken, and a wide variety of specialty cakes. Apart from cooking and working at Waltonwood, Taneka also is a part of a radio show on the iHeart radio station WDRB. Every Wednesday, she joins in to discuss her business and local inspirational stories. Taneka is truly puts her residents first and does a great job of not only keeping Waltonwood Cotswold clean, but also keeping it a great place to work!



## FEBRUARY HIGHLIGHTS

Throughout the month of February, we celebrated a number of special events, including the Super Bowl, Mardi Gras, and Valentine's Day! We're so glad to see all of these beautiful smiles throughout the community, and can't wait to continue the fun throughout the month of March.





# MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

## Fuel Up

*Forever Fit:  
Focus on Fitness*



Food is an amazing thing. It has the ability to unite friends and family around the table, fuel an active lifestyle and provide the key nutrients essential to recharge and replenish the body. So, it should come as no surprise that the dietary choices we make have a direct impact on our overall health and wellbeing. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improves immune health and can potentially reduce the inflammation associated with arthritis. Each March the Academy of Nutrition and Dietetics as in celebrates National Nutrition Month, a month dedicated to helping people make informed mindful food choices while making physical activity a top priority. When combined with 30-minutes of daily exercise, a diet rich in fruit, vegetables, whole grains, lean proteins and healthy fats you can help ensure your body is getting the necessary nutrient rich fuel it so desperately needs. So, the next time you sit down for a hearty meal or reach for your favorite snack make sure you're making the most of your choice because the right fuel can make all the difference.

## MARCH SPECIAL EVENTS

7

Sunday Virtual Concert Series Kickoff

March 7<sup>th</sup> at 3:00 pm

Join us as we kick off our brand new Sunday Virtual Concert Series! Each Sunday in March, we will stream a full length concert featuring different artists.

13

Mint Theater Presentation

March 13<sup>th</sup> at 2:00 pm

We will be showing the first of two productions by Mint Theater, "Women Without Men." The second production, "Katie Roche," will be shown on March 27<sup>th</sup>.

17

St. Patrick's Day Grab 'n Go Social

March 17<sup>th</sup> at 2:00 pm

Come on down and have a shamrockin' good time! We will be celebrating St. Patrick's day on both March 17<sup>th</sup> and 18<sup>th</sup>. Please refer to the calendar for details.

29

March Book Club Meeting

March 29<sup>th</sup> at 2:00 pm

We are excited to announce that our Book Club will meet again beginning in March! The book this month is *Big Lies in a Small Town* by Diane Chamberlain.



## EXECUTIVE DIRECTOR CORNER

Happy February to all of you! February brings three holidays that I greatly look forward to. First, the Super Bowl brings millions of Americans together on mostly common ground. I love watching the game, not just for the football but for the commercials and the excellent food as well! The only way for it to be better is if my Cowboys were playing in it! Secondly, Valentine's Day is a great day to remember your sweetie and show them how much you love them. Who doesn't love giving and receiving flowers, chocolate, and thoughtful cards? Lastly, but most importantly, is Groundhog Day! It's a day where we all cross our fingers that winter is almost over and that spring is quickly approaching. I, for one, am looking forward to the sunshine and longer days. I think we all are in need of that! I want to end by again thanking all of you for your support during these last few months. In just a couple of weeks, we will see our second dose of the Covid vaccine. Finally, a light at the end of the tunnel!

Sincerely,

*Tammy Mullins*