



Celebrating Birthdays in April

April 12th – Harold Turtleaub

CHEF'S CORNER

Please keep an eye out for further communication on the reopening date for the dining room. Once it has reopened, 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 ahead of time 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.

LIFE ENRICHMENT BULLETIN

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.



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

-Frank Lloyd Wright



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

APRIL 2021

MEMORY CARE EDITION



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



Hoppin' Into April

After encountering some setbacks, we continue to persevere as a community and appreciate all of your support through these difficult times. We are continuing to prioritize the health and safety of our residents, and will be conducting another round of community-wide COVID testing on Wednesday April 7th. This will include all residents and associates. Please reach out to the community at 704-496-9310 if you have any questions or concerns.

We are committed to keeping families connected by any means possible. As we enter the spring season, we would like to encourage all families and friends to take advantage of our virtual visitation services, and our in-person visitation once

it becomes available again. We are currently utilizing Facetime and Skype platforms to host individual virtual visits. To schedule these services, please reach out to Alexis and Logan in Life Enrichment. Please be on the lookout for communication regarding visitation, as will resume visitation as soon as it is safe to do so.

Although we are experiencing a time of uncertainty, we are committed to keeping your loved ones happy and healthy. We will overcome these obstacles and get through this together.

-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

Logan Diard
Life Enrichment Manager

Steve Engle
Maintenance Manager

Jaynie Segal
Marketing Manager

Lane Boyers
Marketing Manager

Christy Yost
Resident Care Manager

Tammie Weston
Wellness Coordinator

ASSOCIATE SPOTLIGHT

TERESA FARMER

Teresa was born and raised in Lexington, North Carolina, which according to her is the home of the best North Carolina BBQ. Teresa moved to Charlotte with her two sons over twenty years ago in order for them to have better access for schooling and work opportunities. Her two sons are now 34 and 29, and one has given Teresa a two-year-old grandson named Emory, affectionately known as Mr. E. While in Charlotte, Teresa has worked for many group homes with residents of all ages and types, but her favorite jobs have always been the ones where she has been able to work with seniors. For example, she worked for Charlotte's Parks & Rec department for over 20 years as a fitness and line dancing instructor predominantly working with seniors. While there, she was also a basketball coach for all girls and co-ed teams.

Teresa joined the Waltonwood Cotswold family in the summer of 2019 as the transportation coordinator. She has enjoyed helping seniors traverse the city of Charlotte for everything from doctors' appointments to museum trips. Her favorite part about this job, is being able to use the driving time to get to know each resident better individually. The job of transportation coordinator has been ever changing recently due to Coronavirus restrictions, but through it all Teresa has continued to roll with the punches and focus on what matters most: the residents.



MARCH HIGHLIGHTS

We celebrated St. Patrick's Day, National Reading Day, and the first day of spring this month, while taking opportunities to enjoy the nice weather. Take a look at some of our special moments in March!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD



A Sunny Spring

Forever Fit: Focus on Fitness

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step out side and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

APRIL SPECIAL EVENTS

4

Easter

April 4th

We hope that you all have a wonderful Easter Sunday! Our residents will be enjoying a special treat, made by our very own pastry chef.

7

National Beer Day and National Walking Day

April 7th

We encourage everyone to get your steps in on April 7th, and afterwards you can celebrate your accomplishment with your favorite beer!

22

Earth Day

April 22nd

On this day, we're celebrating our environment and recognizing the importance of protecting our planet!

29

International Dance Day

April 29th

Put on your dancing shoes! On International Dance Day, we celebrate all genres of dance and all levels of talent.



EXECUTIVE DIRECTOR CORNER

Happy Spring everyone!

Thank you all for your continued patience while we work through the Health Department recommendations for the associates that have tested positive for COVID. Our team is working diligently to prepare for reopening once it is safe to do so. We have not lost sight of our goal to open the community and return to all of the things that we love. Our third vaccine clinic went great, and we were able to maintain 100% resident vaccination, with many more associates receiving their second vaccine as well. This is extremely encouraging, given our recent news. As a leadership team, we continue to encourage and educate our associates on the importance of the vaccination and recent statistics.

We are in this together, and I can't wait to celebrate with you all as we leave this in the rearview!

Eric Davis
Executive Director