



CHEF'S CORNER

July 4th – Independence Day Menu

Feature:

Grilled Barbecue Chicken Breast

Potato Salad

House Made Coleslaw

Alternate:

Braised Brisket

Boston Baked Beans

Creamed Corn

Desserts:

Firecracker Milkshake

Flag Cake

Fresh Watermelon



Celebrating Birthdays in July

July 19th – Elise Grimmer

July 22nd – Dee Schoen

July 26th – Jerri Beveridge

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

-Frank Lloyd Wright

LIFE ENRICHMENT BULLETIN

We have brought back errand appointments! The guidelines will be as follows:

- Saturday, July 17th and Saturday, July 31st from 9 am-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

JULY 2021

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

5215 Randolph Rd., Charlotte, NC 28211

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Flip-flops, Fireworks, and Freedom

July is a month when we celebrate our independence as a nation. It's a time best spent with family and friends as we enjoy the nice weather. Many of us have our own traditions on the Fourth of July, whether that means going to a cookout or watching the fireworks. As we celebrate, please be mindful of the increasing temperatures by wearing hats, using sunscreen, and drinking plenty of water.

Last month, we announced that visitation would no longer require a sign-up process. It has been wonderful to see so many family members and friends visiting their loved ones! As a reminder, please continue to wear your masks while visiting and remain in your loved one's apartment for the duration of the visit.

On another note, we will be fundraising for the 2021 Walk to End Alzheimer's throughout the summer and fall months. Please be on the lookout for upcoming event flyers and donation opportunities. If you are interested in donating, please contact Logan Diard via email (logan.diard@singhmail.com).

Finally, we will continue to offer the COVID-19 vaccine to all new residents and associates in partnership with Kerr Pharmacy. Please contact a member of our nursing team if you are interested in receiving the vaccine.

-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

Jaynie Segal
Marketing Manager

Lane Boyers
Marketing Manager

Christy Yost
Resident Care Manager

Victoria Cleveland
Wellness Coordinator

ASSOCIATE SPOTLIGHT

STEPHANIE FORD

Stephanie is originally from Piqua, Ohio (right outside of Toledo) and made the move to North Carolina in 2004. Since then, she has worked in the healthcare system in some form or fashion, starting as a candy striper at the hospital where her mom worked as a registered nurse in Concord. From there, she quickly became a certified nursing assistant and worked in a variety of different healthcare environments such as hospitals, long term care facilities, and Visiting Angels. Finally, she worked as a nutritional care assistant for Sharon Towers for over ten years before making the move to Waltonwood Cotswold.

Stephanie came to Waltonwood in order to promote personal and professional growth and to find that “home away from home” feeling. According to her, she has found it! To Stephanie, the halls of this building feel like home and the residents within it feel like an extended family. This feeling and the relationships that she has built with her residents are her favorite part about working at Cotswold. Her love for our community definitely shows!

Outside of work, Stephanie enjoys spending time with her actual family, who is almost as big as her Waltonwood one. She has 5 kids and 4 grandkids, all local to the Charlotte area. She maintains close family relations by having family night 3 nights out of the week. We are lucky to have Stephanie here to care for our residents. She is a prime example of the Waltonwood “FAMILY” mentality!



JUNE HIGHLIGHTS

The month of June was full of some exciting events and programs, including Father’s Day and The Longest Day! Our outings officially started back with trips and lunches to Target, Harris Teeter, PF Changs, Cracker Barrel, Longhorn, and Carrabba’s. We celebrated our dads on Father’s Day with a delicious donut and coffee cart. During The Longest Day, our residents and staff wore purple in honor of those living with Alzheimer’s and their caregivers. We created beautiful wooden bird houses and butterfly photo holders during art. Our entertainers brought smiles to everyone’s faces as residents joined together to dance and sing along to music. June brought a lot of wonderful moments and we are all looking forward to soaking up more sunshine in July!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

A Fresh Start

*Forever Fit:
Focus on Fitness*



A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months however have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, “life gets in the way” and that’s ok, the good news is that it’s never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now’s the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest self. While many of us are ready to reestablish our exercise routine, many of us don’t quite know where to begin. By taking some time to meet with our fitness team whether for just a few quick questions or a full assessment we can help identify your strengths, pinpoint your weaknesses and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

TRANSPORTATION INFORMATION

Waltonwood Cotswold offers a variety of off site outings throughout the week. Refer to the calendar for the full schedule!

We are happy to announce “Doctor’s Days” are Tuesdays and Wednesdays between 8:30-4:00pm. It is important to have your requests submitted by 5pm on Friday prior to the next week. We know that transportation is important to all of our residents, but advanced notice is necessary to provide the best transportation for everyone. If you find that you need transportation on short notice, please contact Teresa Farmer (704-712-5804) or Alexis Spencer to see if we can accommodate your request.

Monday: Lunch Outings

(Please be in the lobby at 10:30 am)

- 5th – Midwood Smokehouse
- 12th – Brooklyn Pizza
- 19th – Burton’s Bar and Grill
- 26th – Miki’s Restaurant

Friday: Community Outings at 10:15 am

- 2nd – Target
- 9th - Amelie’s Café
- 16th – Bruegger’s Bagels at 9:45
- 23rd – Harris Teeter
- 30th – Marshall’s

Saturday Errands

Please notify Teresa Farmer or Alexis Spencer by phone or email. Appointments may be scheduled on 7/31 between 9 am and 3 pm.

JULY SPECIAL EVENTS

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Veterans Wall Rededication and Pinning Ceremony

July 2nd at 3:00 pm

Please attend the unveiling of our updated veterans wall. We will host a rededication and pinning ceremony for our current veterans, followed by a reception in the café.

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Independence Day Popsicle Social and Virtual Concert

July 4th

At 2:00 pm, we will enjoy firework popsicles in the courtyard. This will be followed by a virtual concert from the U.S. Army called “Spirit of America,” which will be showing at 3:00 pm in the theater.

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Summer Olympics Opening Ceremony Happy Hour

July 23rd at 3:30 pm

We’re kicking off the Olympics with an Opening Ceremony Happy Hour. Join us for other Olympic-themed programs over the upcoming two weeks.

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Christmas in July Theme Day

July 29th

Let’s flamingle and jingle all the way! We’re celebrating a tropical Christmas in July. Don’t forget to break out your Hawaiian shirts and flip flops.



EXECUTIVE DIRECTOR CORNER

As we leave another beautiful spring in our rearview, we have a lot of excitement ahead this summer at Waltonwood Cotswold! After all, we have to make up for last summer this year! This summer will be so meaningful to us all as we continue to open the community back up after a long 16 months. We are so excited to have opened our visitation completely. It is wonderful to see all of the positive energy coming from residents and family members as they are seeing one another after some time. As always, a continued reminder for all guests and visitors to diligently wear masks while in the community.

With summer fun comes summer heat! I would like to encourage everyone to continue to drink water, and limit time in the sun. Our Resident Care, Culinary, and Life Enrichment teams will continue to offer hydration and monitor time spent in the sun. Our goal is safe and healthy fun in the community this summer.

Eric Davis
Executive Director