



Celebrating Birthdays in July

July 12th – Roma Wantuck

July 17th – Nancy Rucker

July 18th – Bill Wantuck

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

-Frank Lloyd Wright

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



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!

\$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

MEMORY CARE EDITION



Redefining Retirement Living

SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

Facebook: /WaltonwoodCotswold



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 move 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

Logan Diard
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Lane Boyers
Marketing Manager

Christy Yost
Resident Care Manager

Tammie Weston
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 big events including Father’s Day, the longest day, someone’s hundreth birthday, and the long awaited return of outings! For Father’s Day we had a relaxing time enjoying donuts and coffee in the morning and some choice beers in the afternoon. We received some beautiful purple floral arrangements in honor of the longest day to raise awareness for Alzheimer’s disease and how it impacts all affected by it. One of our residents celebrated on of the biggest milestones there is in June by turning 100 on the 15th. Most exciting for our residents, was the return of outings to our weekly calendar. Since having them back, we wasted no time in visiting the Mint Museum, going on an ice cream run to Dairy Queen, and a superb lunch outing to Chili’s!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Forever Fit:

Focus on Fitness



A Fresh Start

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!

Here are our Scheduled Outings for July!

Thursday Outings

- 1st Art Supply run to Hobby Lobby
- 8th Ice Cream Run to Ben and Jerry's
- 15th Lunch Outing to Red Rock's
- 22nd Coffee run to Starbucks
- 29th Lunch Outing to Captain Steve's

In addition to all these outings, Memory Care goes on joyrides every Monday at 1:00 PM to explore the various sights and neighborhoods of Charlotte.

JULY SPECIAL EVENTS

2

Veteran's Wall Unveiling and 4th of July Celebration

July 2nd at 3:00 pm

We are Revamping our Veteran's Wall in honor of Fourth of July. Join us as we honor our current veterans and celebrate the 4th as well!

19

Fancy Ice Cream Taste Test

July 19th at 3:00 pm

Join us as we sample and rank our favorite brands and favorite styles of ice cream. We'll go from Tillamook to Rocky Road!

9

Making Music Group

July 9th at 1:00 pm

Fancy yourself even slightly musically talented? If so, join us for our making music group where you can lend your voice and percussive talent to our sure to be talented group!

29

Christmas in July Social

July 29th at 3:00 pm

What month is it anyway? For one day, let's pretend it's December. Regardless of how hot it is outside lets break out those Christmas colors and candy canes, we are going to celebrate Christmas in July!



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