

## CHEF'S CORNER

### Fall Pumpkin Pie Recipe

- ¾ cup sugar
- 1 ½ teaspoons pumpkin pie spice
- ½ teaspoon salt
- 1 can (15 oz) pumpkin (not pumpkin pie mix)
- 1 ¼ cups evaporated milk or half and half
- 2 eggs, beaten
- 1 deep Dish frozen crust

### Steps

1. Heat oven to 425°F. In large bowl, mix filling ingredients. Pour into pie crust.
2. Bake 15 minutes. Reduce oven temperature to 350°F; bake 40 to 50 minutes longer or until knife inserted near center comes out clean. Cool 2 hours. Serve or refrigerate until serving time. Store in refrigerator.



This is the Pumpkin Pie recipe that Life Enrichment will use on 10/27 during the Baker's Corner program that starts at 10:15 AM.

## Celebrating Birthdays in October

October 22<sup>nd</sup> – Helen Hackney

October 27<sup>th</sup> – Beverly Holloway

“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

OCTOBER 2021

MEMORY CARE EDITION



*Redefining Retirement Living*

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## Leaves are Falling, Autumn is Calling

Fall is in full swing here at Waltonwood Cotswold! From October 4<sup>th</sup> until 10<sup>th</sup>, we will celebrate Active Aging Week with our residents. We will be honoring everyone who participates throughout the week at a ceremony on Friday, October 8<sup>th</sup>. Please refer to the monthly calendar for more details.

On another note, we are having a community-wide Drive-Thru Spaghetti Dinner fundraiser on October 20<sup>th</sup>. All proceeds will benefit the Alzheimer's Association. Each plate is \$5 and includes a side salad and a breadstick. Please RSVP to concierge by October 18<sup>th</sup> with the number of plates you would like to order.

We will also have two silent auction items available that week: a two-night stay at a cabin in Georgia and a pair of wheelchair accessible Hornets tickets for the game on December 10<sup>th</sup>. All associates and residents are invited to bid on these items. Please see Lane or Alexis for more information. We appreciate your support!

Finally, we will be having our flu clinic for residents and associates on Wednesday, October 27<sup>th</sup> beginning at 9:30 am in the theater. Please let Eric know if you have any appointments scheduled that day so that we can ensure that you receive your flu 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

Rudy Williamson  
Environmental Services Manager



## ASSOCIATE SPOTLIGHT

### ALEXANDRA HOUPT

Alex is a local Charlottean, born and raised. For college, she attended East Carolina University graduating in 2019 with a major in Theater studies. She joined the Waltonwood staff soon after graduating as the 2<sup>nd</sup> shift concierge. For the better part of a year, Alex was the first person to greet incoming Waltonwood residents and visitors. In spring of 2021, she transitioned into a new role of the move-in coordinator. Here she plays an important part with helping residents feel comfortable and supported as they make Waltonwood Cotswold their new home. Her favorite part about working at Waltonwood Cotswold is not only getting to know the residents as they move in but continuing to build these relationships as they live here.

Outside of work, Alex is very close with her family especially with her dad. They are avid Green Bay Packer fans and never miss a game together. Alex is also an impressive singer, and was a part of the Charlotte Children's Choir for 15 years. Her most recent achievement has been trying out for American Idol. She still enjoys to sing, and you might even hear her from time to time around Waltonwood. Alex plays an important role in welcoming new residents into our community, and there is no one else we would rather have in her shoes!



## SEPTEMBER HIGHLIGHTS

During September, we celebrated Assisted Living Week with a number of different themed days. Our main event was a Waltonwood Luau, where we made our own leis, enjoyed Kona Ice and watched the leadership team get dunked inside the dunk tank! We enjoyed outings to Krispy Kreme for Donuts, Pelicans for snow balls, and Shake Shack for delicious burgers. We also kicked off the Waltonwood National Bowling League this month, and our team is hoping to take home the win this season. We are looking forward to a number of special events coming up in October!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### Building Better Bones

*Forever Fit:  
Focus on Fitness*



While many of us exercise to keep strong, healthy muscles the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

## 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 October!

### Thursday Outings

- 7<sup>th</sup> A Forever Fit outing to McAlpine Greenway
- 14<sup>th</sup> Ice Cream Run to Ben and Jerry's
- 21<sup>st</sup> A Haunted Scenic Drive with Jaynie
- 28<sup>th</sup> Lunch Outing to Miki's Restaurant

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.

## OCTOBER SPECIAL EVENTS

# 4-10

Active Aging Week

October 4<sup>th</sup> through October 10<sup>th</sup>

Our community will be celebrating Active Aging Week with programs that promote a well-balanced lifestyle! Please refer to the monthly calendar for more specific information.

# 20

Go Pink for Breast Cancer Awareness Tea Party

October 20<sup>th</sup> at 3:00 pm

Show your support by wearing your favorite pink clothes or accessories. We will be hosting a tea party in the hobby room at 3:00 pm. We look forward to seeing everyone decked out in this supportive color!

# 11

Fall Pie Taste Test

October 11<sup>th</sup> at 3:00 pm

The fall season is well know for its variety of tasty pies! Apple pie, pumpkin pie, sweet potato pie, and pecan pie are just some of the types of pie you might encounter during this season. Come try them all at one convenient place: Waltonwood Cotswold!

# 29

Happy Halloween Social

October 29<sup>th</sup> at 3:00 pm

Ghosts, skeletons, and tasty treats is what you will find at this fun filled halloween party! Come dressed up or just for the candy, it is up to you!



## EXECUTIVE DIRECTOR CORNER

Fall is here, and we are ready for it! Our team is preparing for Active Aging Week, with a goal to get everyone up and moving! We will have events all week long, and conclude the week with an awards ceremony for our fitness all-stars. We will be holding our Flu shot clinic on October 27<sup>th</sup>, starting at 9:30am in the theater. We will escort everyone by floor to ensure that it is as fluid as possible. If you have an appointment or prior engagement that day, please let me know so that we can arrange a time for you to get your flu shot. If you have already received your flu shot, or have plans to receive it elsewhere, please be sure to provide a copy of your documentation to our Resident Care team. I would like to thank our guests and vendors for your continued diligence in wearing your masks while in the community. We will continue to work together to keep our community safe.

Stay well!

Eric Davis  
Executive Director