



HAPPY BIRTHDAY



Celebrating Birthdays in October

- October 6th – Yolanda Games
- October 9th – Ellie Cohan
- October 10th – Sabina Markel
- October 19th – Grace Carr
- October 20th – Betty Haggerty
- October 20th – Mary Lane Purtil
- October 28th – Nancy Elmore

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

-Frank Lloyd Wright

INTRODUCING OUR NEW RESIDENT COUNCIL PRESIDENT:

Patty Grace



We are offering errand appointments every other Saturday! The guidelines are as follows:

- Saturday, October 9th and October 23rd from 9 am - 3 pm
- You may request specific locations within 10 miles
- 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

OCTOBER 2021

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

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Leaves are Falling, Autumn is Calling

Fall is in full swing here at Waltonwood Cotswold! From October 4th until 10th, 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 8th. 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 20th. 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 18th 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 10th. 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 27th 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

Alexis Spencer
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Lane Boyers
Marketing Manager

Christy Yost
Resident Care Manager

Victoria Cleveland
Wellness Coordinator

Rudy Williamson
Environmental Services Manager

ASSOCIATE SPOTLIGHT

ALEX HOUP

Alex was born and raised in Charlotte, North Carolina. She graduated from East Carolina University in 2019. She joined the Waltonwood team right after graduation as our 2nd shift concierge. For nearly a year, Alex was the first person to greet incoming Waltonwood residents and visitors. In the spring of 2021, she transitioned into a new role as the move-in coordinator. She helps 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 once the move in process is complete. Outside of work, Alex is very close with her family, especially with her dad. They are avid Green Bay Packers 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. One of her notable achievements has been trying out for American Idol. She still enjoys singing, 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've enjoyed lunch and dinner outings to restaurants such as Outback Steakhouse, Cantina 1511, Maggiano's, and Miki's Restaurant. We welcomed fall by making wine cork apple decorations, testing our luck at autumn trivia and hosting an apple tasting. We also kicked off the Waltonwood National Bowling League this month, and our team is hoping to take home the win this season. We also organized a National Girls' Night In movie matinee for our ladies and took our male residents on a men's outing to Caribou Coffee. 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 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!

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 10:45 am)

- 4th – Napa on Providence
- 11th – Southern Pecan
- 18th – North Italia
- 25th – Brixx Wood Fired Pizza

Friday: Community Outings at 10:15 am

- 1st – Waldhorn Restaurant
- 8th – Nature Trail Walking Outing
- 15th – Charlotte Airport Lookout
- 22nd – Simpson Pumpkin Patch
- 29th - Target

Saturday Errands

Please notify Teresa Farmer or Alexis Spencer by phone or email. Appointments may be scheduled on 10/9 and 10/23 between 9 am and 3 pm.

OCTOBER SPECIAL EVENTS

4-10

Active Aging Week

October 4th through October 10th

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.

18

Resident Council Meeting

October 18th at 2:00 pm

All residents are encouraged to attend our monthly Resident Council Meeting, where you can voice your opinion on a variety of topics. We hope to see you there this month!

13

Breast Cancer Awareness Tea Party

October 13th at 1:00 pm

Show your support by wearing your favorite pink clothes or accessories. We will be hosting a tea party in the café at 1:00 pm, and it will be followed with a violin performance by Christine Robinson at 2:00 pm.

22

Men’s Outing: Brewery & Beer Tasting

October 22nd at 1:30 pm

We invite our male residents to join Logan on another men’s outing. This time, we will be going to a local brewery to taste test beers. Non-alcoholic drink options will also be available.



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 27th, 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