

# COTSWOLD CONNECT

JANUARY 2021

MEMORY CARE EDITION



**SINGH**

5215 Randolph Rd., Charlotte, NC 28211

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## Cheers to the New Year!

Now that the holiday season has come to an end, it is time to start the new year off strong. This is a time for new beginnings, goal setting and self-improvement. With January being National Hobby month, it is a great time to try something new. Whether you want to focus on getting into shape, meeting new people, or picking up a paint brush, we have lots to offer throughout the month. Be sure to check out the monthly program calendar for a full list of offerings. We will be starting a new bowling league season the first week of January.

Come join us weekly to compete against other Waltonwood communities and help us win the trophy for our third year running!

We are also happy to host our usual performers John Lewis, Patrick Hudson, and Carrol Wood while also welcoming back guitarist Aron Stornaiuolo to perform. In addition, we are hosting our first sip and paint session with Shannon on January 27<sup>th</sup> at 6 PM. Come get creative while enjoying a fine Pinot Grigio or Noir! Thanks for all the support through 2021 and cheers to 2022!

-Your Waltonwood Family

## COMMUNITY MANAGEMENT

Jeff Plummer  
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

### REGGIE FOSTER

Reggie was born and raised in Charlotte and currently works as a cook at Waltonwood Cotswold. He graduated from culinary school in 2008 and has been working in the culinary industry ever since. Reggie favorite part of cooking for the residents at Waltonwood Cotswold being able to see how much the residents enjoy his cooking. Not only does he cook in the back of the house, but he also excels at cooking at the culinary action station. This way residents can see his passion for cooking first hand.

Aside from cooking for our residents, Reggie also has his own catering company called Catering by Reggie. He has had this company for over 30 years and specializes in American cuisine. His favorite thing to cook is braised oxtails. In addition to all of the cooking Reggie does, he also enjoys shopping for clothes and spending time with his family and friends. We are happy to have Reggie as a part of the Cotswold culinary team!



## DECEMBER HIGHLIGHTS

December was a cold month full of warm thoughts and joyful moments. We started off the month by recognizing and celebrating Hanukkah with a group discussion and movie. December was a very busy month filled with festive crafts, live music and our annual holiday party. The residents gathered during the holiday party to celebrate with delicious food, drinks and wonderful company. Santa Claus made his appearance, along with his elves, to take pictures and wrap presents for the residents. Our residents got into the holiday spirit by watching Christmas movies and singing Christmas carols. We also went on a scenic drive to see Christmas lights. December was a month to remember as residents gathered with family members and friends. As we say goodbye to 2021, we look forward to 2022 with hopeful hearts!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### Friendly Fitness

*Forever Fit:  
Focus on Fitness*



If you're like many, finding the motivation to exercise during the cold, dark days of winter can be a real struggle. Staying active when your mind and body aren't in sync can be a major roadblock to creating a consistent fitness routine. A great way to beat this barrier is to grab a friend, or two, and tackle those winter workouts together. Exercising with a buddy creates a sense of accountability that has been shown to greatly improve your chances of long-term success. Adding a social element to your routine also helps manage stress, improve emotional wellbeing and increase overall enjoyment when compared to exercising alone. So, the next time you feel like skipping a workout and you need that extra motivation, get some friends and get moving because there's strength in numbers.

## 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 January!

### Thursday Outings

- 6<sup>th</sup> Coffee Outing to Starbucks
- 13<sup>th</sup> Lunch Outing to P.F. Changs
- 20<sup>th</sup> Outing to Billy Graham Library
- 27<sup>th</sup> Lunch Outing to Brixx Pizza

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.

## JANUARY SPECIAL EVENTS

5

Live Music with Aron Stornaiulo

January 5<sup>th</sup> at 3:00 PM

We are happy to welcome back Aron to perform for the first time since 2020! Come watch Aron play the classics on guitar.

10

Cocktail Hour: Mulled Wine

January 10<sup>th</sup> at 3:00 pm

The cold month of January is the perfect time to sit back and enjoy some warmed mulled wine! This cocktail hour come join us and stay warm throughout this winter.

17

Martin Luther King: I Have a Dream Discussion

January 17<sup>th</sup> at 4:00 pm

It is Martin Luther King Day! During this program, we discuss his life, impact, and legacy. Join us to pay respect to one of our great historical figures.

28

Diamond Painting

January 28<sup>th</sup> at 1:00 pm

Today we try a new type of painting! We put away the brushes and paint tubes and instead pick up some diamond beads to create a beautiful canvas.



## EXECUTIVE DIRECTOR CORNER

Happy new year! I hope you and yours had a safe and joyous holiday season. Looking forward into 2022, I anticipate more excitement and celebrations than ever before.

As we say goodbye to another difficult and strange year, I want to thank you all for your support and gratitude through it all. We have faced many challenges, but the bright side has always been coming to support a community that we love and care for so much.

New Year's resolutions are upon us! What is yours? Perhaps I could challenge you with one. Try something new! Come on out and join us at a program or event that you've never participated in before. We have some new faces here, and even some seasoned residents that are eager to meet new friends and make new connections. Whatever you choose, I am happy to have you as a part of our Waltonwood Cotswold family and I wish you all a healthy and happy 2022.

Thank you,  
Eric Davis





**Celebrating Birthdays in January**

January 25<sup>th</sup> – Van Weatherspoon

“The longer I live, the more beautiful life becomes.”  
-Frank Lloyd Wright

**CHEF’S CORNER**  
**January Action Stations**

**1/5/21 Week 1**  
**Italian Panini Station**  
**(Ham, Salami, Turkey, Pepperoni, Tomato, Provolone)**

**1/12/21 Week 2**  
**Shrimp Scampi Station**

**1/19/21 Week 3**  
**Spaghetti Bolognese Station**

**1/26/21 Week 4**  
**Tomato Soup and Grilled Cheese Station**



**\$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!

**FRIENDS & FAMILY REFERRAL PROGRAM!**