

# COTSWOLD CONNECT

MAY 2022

MEMORY CARE EDITION



SINGH

5215 Randolph Rd., Charlotte, NC 28211

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## 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

Christy Yost  
Resident Care Manager

Tammie Weston  
Wellness Coordinator

Rudy Williamson  
Environmental Services Manager

## Blooming Into May

Spring is in full bloom here at Waltonwood Cotswold! We hope that you're able to enjoy the beautiful flowers and nice weather this month by spending some time outdoors.

As a reminder, we reopened the dining rooms for visitors beginning April 18<sup>th</sup>. Reservations must be made a minimum of 24 hours in advance by calling our concierge at 704-496-9310. Our culinary team is looking forward to serving you and your loved ones. In other news, we have relaunched our two monthly support groups! The Alzheimer's Support Group will be held on the first Wednesday of the month from 5:00 pm-6:00 pm in the theater, beginning May 4<sup>th</sup>.

Light refreshments will be served at these meetings. The Parkinson's Support Group will be held on the third Wednesday of the month from 12:00 pm-1:00 pm in the theater, beginning May 18<sup>th</sup>. Lunch will be served at these meetings. All are welcome to attend, including residents, families and guests. Please RSVP to concierge at 704-496-9310 if you would like to attend either group.

We will also be celebrating Cinco de Mayo, Kentucky Derby Day, Mother's Day, Memorial Day, and Senior Health and Fitness Day in the month of May. We have a number of exciting programs for each of these special events, and they can be found on the monthly program calendar.

-Your Waltonwood Family



## ASSOCIATE SPOTLIGHT

### MONICA KEENON

Monica was born in South Carolina but soon after moved to Charlotte. Since then, she has enjoyed being a Charlottean. Monica has worked in the assisted living industry for over 20 years and has been working at Waltonwood Cotswold for 3 years as a housekeeper. Her favorite part about working at Waltonwood Cotswold is feeling like she is helping the residents in their home.

Outside of Waltonwood, Monica has 3 kids and 5 grandkids. Monica also enjoys shopping, and especially enjoys shopping for perfume. She also enjoys a good conversation which means spending plenty of time with friends and family. Most importantly, her favorite sports team is the Dallas Cowboys! We are lucky to have Monica as a part of our housekeeping team at Waltonwood Cotswold.



## APRIL HIGHLIGHTS

April was a beautiful month full of blooming flowers and chirping birds throughout the community! It got a little exciting as our residents got to touch some exotic animals including snakes, chinchillas, and chameleons. We also got to take some residents to the Charlotte Knights Stadium for a special tour and lunch. April was a time to celebrate spring and all that it has to offer including walks outside, scenic drives, gardening groups and a nature walk at Park Road Park. It was also the month to honor Good Friday, Passover and Easter Sunday.



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### National Senior Health and Fitness Day

*Forever Fit:  
Focus on Fitness*



On Wednesday, May 25<sup>th</sup>, join Waltonwood and over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. The annual celebration highlights the impact that staying active and fit has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. From group classes to fitness center training, and education programs to informative demonstrations, the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. On May 25<sup>th</sup>, lace up your walking shoes, gather a few friends and join us as we celebrate National Senior Health and Fitness Day 2022!



## 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 May!

### Thursday Outings

- 5<sup>th</sup> Lunch Outing to Pacos Tacos and Tequila
- 12<sup>th</sup> Coffee Outing to Mugs Coffee
- 19<sup>th</sup> Outing to Winghaven Garden
- 26<sup>th</sup> Outing to Dish It Out Pottery Studio

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.

## MAY SPECIAL EVENTS

8

Mother's Day

May 8<sup>th</sup>

We will have a Mother's Day Mimosa social at 2:30 pm. Both alcoholic and non-alcoholic options will be available. Also all mothers get a flower with their Mimosa!

20

Craft Hour: Painting Birdhouse

May 20<sup>th</sup> at 1:00 pm

With Spring being in the air, we have to make sure that our feathery friends have a home or two to rest in. Join us as we paint and beautify some birdhouses.

9

Summer Soda Taste Test

May 9<sup>th</sup> at 3:00 pm

The weather is finally warming up, which means we need to concern ourselves with cooling down. Come sample a variety of unique sodas to help keep you cool this summer.

25

Senior Prom

May 25<sup>th</sup> from 3:30 pm – 6:30 pm

Our senior prom will consist of a happy hour from 3:00-4:00, followed by dinner and entertainment from 4:30-5:30. Don't forget your dancing shoes!



## EXECUTIVE DIRECTOR CORNER

Hello and happy April!

I am excited to share that we will be reopening our dining rooms for guests and visitors on April 18th. This has been long awaited, and will bring yet another sense of normalcy to our days. We appreciate your patience as we took the time to make sure that we had all of the proper precautions and cleaning procedures in place. Masks are still required at all times, with the exception of while dining. To dine within the community, a reservation will be required 24 hours in advance. The latest reservation time for the day will be 5:30pm. You can make a reservation by calling the concierge desk at 704-496-9310. We look forward to enjoying many meals with family and friends in the future.

Eric Davis  
Executive Director



CHEF’S CORNER  
**Memorial Day Menu**

**Soup**

Hamburger Soup

**Appetizer**

Macaroni Salad

**Feature**

Classic Bone-in Fried Chicken

Macaroni & Cheese

Southern Style Green Beans

**Alternate**

Roasted Barbecue Brisket

Baked Beans

Classic Coleslaw

**Dessert**

Red, White and Blue Trifle

Cookies ‘N’ Crème Cup Cakes

Fresh Cut Watermelon

**Celebrating Birthdays in May**

We have no residents with Birthdays in May, but to all who are celebrating: Happy Birthday!

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

**LIFE ENRICHMENT BULLETIN**

This month, we are excited to announce a brand-new company sponsored program called Adventure by Waltonwood. At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. The purpose of this program is to encourage Waltonwood residents to pursue their life’s desires and ambitions. Adventures can be as big or small as you would like – the possibilities are endless! Residents can nominate themselves for an adventure, or may be nominated by family members, staff or other residents. All adventure requests must be submitted to Alexis or Logan in Life Enrichment. Please reach out to a Life Enrichment team member if you have any questions. We are so excited to kick off this program and help make our residents’ dreams come true!



**\$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!