

# COTSWOLD CONNECT

JUNE 2022

ASSISTED LIVING EDITION



*Redefining Retirement Living*

**SINGH**

5215 Randolph Rd., Charlotte, NC 28211

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## We've Got Sunshine On Our Minds

The sun is out, the school year is coming to an end, and we've got a fun-filled month coming your way. With the first day of summer on the horizon and the temperatures rising, we'd like to remind everyone to continue drinking water and wearing sunscreen and hats when you visit the courtyard and other outdoor areas.

On Saturday, June 4<sup>th</sup>, we will be hosting a special intergenerational program called Camp Waltonwood throughout the community. All residents are invited to join us for a variety of special camp-themed events between 10:30 am and 12:30 pm!

As a reminder, we have relaunched our two monthly support groups. This

month, the Alzheimer's Support Group will be held on Wednesday, June 8<sup>th</sup> from 5:00 pm-6:00 pm in the theater. The Parkinson's Support Group will be held on Wednesday, June 15<sup>th</sup> from 12:00 pm-1:00 pm in the theater. 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 Father's Day, Juneteenth, Flag Day, Pride Month and Men's Health Month in the month of June. 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

## 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

Alexis Spencer  
Life Enrichment Manager

Jaynie Segal  
Marketing Manager

Christy Yost  
Resident Care Manager

Victoria Cleveland  
Wellness Coordinator

Rudy Williamson  
Environmental Services Manager

## ASSOCIATE SPOTLIGHT

### SHAUNA SHAY

Shauna was born and raised in Saint Katherine, Jamaica before moving to Charlotte in 2006. She was a nurse while in Jamaica, so already knew that she wanted to pursue a career in healthcare when she came to North Carolina. Shauna moved to Florida for 8 years and worked as a private duty caregiver before becoming a med tech and SIC. She moved back to Charlotte two years ago to spend more time with her family.

This is when Shauna started at Waltonwood Cotswold as a med tech. Her favorite part about working at Waltonwood Cotswold is interacting with the residents and building relationships with them. This is self-evident in that she will often join in life enrichment programs with residents and will encourage resident participation.

Outside of Waltonwood, Shauna is pursuing a degree in nursing and hopes to work in the field of radiology. She also enjoys cooking, spending time with family, and watching Anime or FIFA Soccer. Shay's helpful and compassionate spirit is a valuable part of the Cotswold team.



## MAY HIGHLIGHTS

May brought us many reasons to celebrate! We kicked off the month with an armchair travel to Mexico, a margarita bar and a themed social for Cinco de Mayo. For Mother's Day, we hosted an afternoon tea party and a mimosa social throughout the weekend to honor all of our very special moms here at Waltonwood. We even hosted our very own Waltonwood Senior Prom, where residents were given the opportunity to dress up, socialize, enjoy a wonderful meal in our dining room, and dance the night away to music by Brian McCarn.

We took the residents on a number of outings this month, including a delicious dinner at McCormick and Schmick, a boat tour on the Catawba Queen at Lake Norman, and trying a new lunch spot called Tap & Vine – Stonecrest. We look forward to June and more exciting programs to come!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### Alzheimer's and Brain Awareness Month

June is Alzheimer's and Brain Awareness Month, an annual observance raising awareness for Alzheimer's disease and other dementias. For years, the Waltonwood family has partnered with the Alzheimer's Association to support the mission of a world without Alzheimer's disease and other dementias. While there still may not be a cure, taking proactive steps and developing healthy lifestyle habits have been shown to slow the onset of the disease and delay its debilitating effects. Much like heart health, cognitive health can benefit from increasing physical activity and exercise, eating a well-balanced, nutrient-rich diet and effectively managing stress. It's never too early or too late to start taking better care of ourselves, and small changes today can help lead to healthy years to come.

# 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 refer to the calendar for specific times)

- 6<sup>th</sup> – Midwood Smokehouse
- 13<sup>th</sup> – Topsy Taco
- 20<sup>th</sup> – Mama Ricotta’s
- 27<sup>th</sup> – Mr. Tokyo

### Friday: Community Outings

(Please refer to the calendar for specific times)

- 3<sup>rd</sup> – Scenic Drive
- 10<sup>th</sup> – Amelie’s Café
- 17<sup>th</sup> – Target
- 24<sup>th</sup> – Dish It Out Pottery Studio

### Errands

Please notify Teresa Farmer or Alexis Spencer by phone or email.

## JUNE SPECIAL EVENTS

# 16

Sip and Paint with Shannon

June 16<sup>th</sup> at 6:00 pm

Tap into your creative side as instructor Shannon guides us through a step-by-step canvas painting class. Wine will be provided. If you plan to attend, please RSVP at concierge as soon as possible.

# 20

Resident Council Meeting

June 20<sup>th</sup> at 2:00 pm

All residents are encouraged to attend our monthly Resident Council Meeting in the 3<sup>rd</sup> floor theater. We hope to see you there this month!

# 19

Father’s Day Social

June 19<sup>th</sup> at 2:00 pm

We would like to celebrate all of our fantastic Waltonwood dads with a special Father’s Day Social. Refreshments will be provided. All residents are invited to attend this event.

# 28

Outing to Charlotte Knights Game

June 28<sup>th</sup> at 10:00 am

We will be attending the Charlotte Knights baseball game with our sister community, Waltonwood Providence. Sign up with concierge if you’re interested in joining us.



## EXECUTIVE DIRECTOR CORNER

Greetings all,

The summer months are fast approaching and it is heating up outside! While we love to encourage everyone to get out and take in the sunshine, please remember to hydrate yourselves. We have bottled water at the concierge desk. Grab one to quench your thirst while you enjoy the summer sun!

June is a very special month here, as we will be celebrating the dedicated team of Caregivers and Med Techs that support us each day. Happy CNA week to every one of our hard working, caring team members. We will be holding special events the week of June 13<sup>th</sup> for them to enjoy.

Lastly, I would like to send a very Happy Father’s Day to all of our wonderful dads in in the community and on our team. We are incredibly lucky to have you as part of the Waltonwood Family.

Thank you,

Eric Davis  
Executive Director

## CHEF'S CORNER

### *Father's Day Menu*

#### *Soup*

*Ham White Bean and Cabbage Soup*

#### *Appetizer*

*Caesar Salad with Cherry Tomato*

#### *Feature*

*Grilled flat Iron Steak with a Creamy Bourbon and Mushroom Sauce*

*Loaded Idaho Baked Potato*

*Sauteed Green Beans*

#### *Alternate*

*Shrimp, Scallops and Spanish Chorizo Scampi Risotto Topped with a Citrus Local Micro Green Salad*

#### *Dessert*

*Chocolate Drizzle Churros*

*Sopapilla Cheesecake Bars*

*Traditional Caramel Flan*

HAPPY BIRTHDAY

### Celebrating Birthdays in June

June 4<sup>th</sup> – Marty R.

June 7<sup>th</sup> – Jeff S.

June 8<sup>th</sup> – Doug C.

June 11<sup>th</sup> – Leonard H.

June 11<sup>th</sup> – Mary J.

June 15<sup>th</sup> – Jeanette Y.

June 27<sup>th</sup> – Gene E.

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

-Frank Lloyd Wright

## LIFE ENRICHMENT BULLETIN

We are encouraging residents to participate in a 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!



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!