

COTSWOLD CONNECT

SEPTEMBER 2022

MEMORY CARE EDITION



Redefining Retirement Living

SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

Facebook: /WaltonwoodCotswold



Make It A September to Remember

It's hard to believe that summer is already coming to an end. With that being said, we have a fun-filled fall coming your way! We wanted to remind all residents that we have a free monthly hearing aid clinic. It will be held on Wednesday, September 14th at 10:00 am in the Hobby Room. If you need your hearing aids cleaned or serviced, or if you would like to learn more about hearing aids, you are welcome to attend!

This month, we will begin our fall fundraisers for the Alzheimer's Association. First, we will be hosting the second annual Penny Wars competition (September 5th - 19th). Each department will have a jar to collect change, located on the table in the lobby. All are welcome to participate in this fundraiser. Up next, we will have a carwash

fundraiser on Monday, September 12th from 2:00-4:00pm. There is a \$3 minimum suggested donation per car. There is no RSVP required for this event and all are welcome to attend! Finally, we will be hosting the first of two Movie Night fundraisers. The September Movie Night will feature *Where the Crawdads Sing*. Tickets are \$5 for children and \$10 for adults, and include popcorn, choice of candy, and one beverage (beer and wine available for those 21+). The first showing is Thursday, September 22nd at 6:30 pm and the second showing is Saturday, September 24th at 2:30 pm. Please RSVP at 704-496-9310 if you are interested in attending.

-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

Christy Yost
Resident Care Manager

Tammie Weston
Wellness Coordinator

Rudy Williamson
Environmental Services Manager

ASSOCIATE SPOTLIGHT

SOPHIA YESCOTT

Sophia was born and raised in Connecticut and lived there until attending Houghton University in New York State for college. She graduated just this past May receiving a degree in organizational management. She moved to Charlotte in the beginning of 2022, initially starting at Waltonwood Cotswold as an intern to complete her minor in eldercare health management. Sophia excelled in this internship and greatly enjoyed working directly with residents and the Life Enrichment department. When a job opening appeared in the department as the memory care coordinator, Sophia immediately applied and was hired. She has now worked for Waltonwood for over 6 months and has loved her time at Cotswold. Her favorite part is being able to personally connect and build relationships with the residents.

Outside of work, Sophia loves spending time with her friends and family. She also enjoys playing tennis, cooking, and staying active in her church community. In her mind, building healthy relationships is an important part of being happy and she focuses on this in her personal life as well as at work. Sophia hopes to continue to push her career forward in senior living. She has quickly become a great asset to the Waltonwood Cotswold team and we look forward to seeing where she goes in her future career.



AUGUST HIGHLIGHTS

August was a golden month full of exciting events! We kicked off the month with an outing to Caribou Coffee. For International Beer Day we celebrated with a tasting of craft beers at happy hour. Our residents attended an outing to Reed's Gold Mine and a Wild West themed cocktail hour in celebration of Gold Rush Week. Lastly, we got creative this month with marble ceramics, painting pottery and succulent planting. It was a month full of fun and memories. We are looking forward to September and all the cozy things fall has to offer!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Focus on Flexibility

Flexibility refers to our bodies ability to freely move one or multiple joints through a full range of motion (ROM) pain free. As we age muscles lose their elasticity becoming more rigid and stiff which results in a decrease in ROM and pain in many of the bodies most used joints. We can balance out this natural decline in our bodies musculoskeletal system through regular stretching exercises. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you limber and feeling your best!

- Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement



*Forever Fit:
Focus on Fitness*

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 September!

Thursday Outings

- 1st – Lunch Outing to Buffalo Wild Wings
- 8th – Outing to PetSmart
- 15th – Lunch Outing to Phil’s Deli
- 22nd – Ice Cream Outing to Jeni’s Ice Creams
- 29th – Coffee Outing to Starbucks

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.

SEPTEMBER SPECIAL EVENTS

6

Guacamole Fiesta Social

September 6th at 3:00 pm

Today is world guacamole day, which means break out the tortilla chips and margaritas. Let us have a fiesta!

20

Gardening Hour

September 20th at 1:00pm

As weather starts to cool down and fall rounds the corner, we need to update our courtyard garden with beautiful fall flowers and vegetables. Grab your gardening gloves and get ready to use your green thumb.

11

Grandparents’ Day Social

September 11th at 2:30 pm

Today is Grandparents’ Day and as we have no shortage of grandparents at Waltonwood Cotswold, we must celebrate. Come be part of the party to commemorate all the wonderful things grandparents do for us on a regular basis!

27

Oktoberfest Social

September 27th at 3:00 pm

Come join us for a great big pint of beer as we celebrate Oktoberfest. In addition to a beer or two, we will also be serving Bavarian pretzels and enjoying some traditional German music.



EXECUTIVE DIRECTOR CORNER

Fall us upon us, and after all of that summer heat, I think we are ready for it! September is going to be filled with tons of excitement for all! Coming up is National Assisted Living Week from September 11th-17th, and we have some great events planned. Our associates new and old will be celebrated all week long and it is well deserved! We encourage you all to join in the festivities. We will also take the following week to celebrate the members of our housekeeping and maintenance team for Environmental Services week. The fun won’t stop there! Our Life Enrichment team is preparing for active aging week with a lot of fun fitness programming to get us all up and moving.

All of these events will be gearing us up for one of the busiest times of year here at Waltonwood. Dare I say the holidays are creeping up?!

Stay well,

Eric Davis
Executive Director



Celebrating Birthdays in September

September 6th – Alice Pollock

September 14th – Sue Grimes

September 17th – Betsy Brawley

September 29th – Jane Bradford

CHEF'S CORNER

Labor Day Menu

Appetizer

Creamy Coleslaw

Feature

Pulled BBQ Chicken Sandwich, Potato Chips, Macaroni and Cheese

Alternate

Classic Seafood (Boiled), Steamed Fresh Broccoli

Desserts

Cupcakes, Ice Cream Cone (Your Choice of Ice Cream), Chef's Choice Trifle

LIFE ENRICHMENT BULLETIN

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!



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!