

COTSWOLD CONNECT

SEPTEMBER 2022

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

5215 Randolph Rd., Charlotte, NC 28211

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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 by September 20th 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

Hadiyyah Carlisle
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

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 a Sister's Day social, featuring an indoor picnic theme with finger sandwiches and refreshments. For International Beer Day, we took our residents to Charlotte Beer Garden where they offer 400+ beers and ciders on tap! We continued to celebrate International Beer Day 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. There was a special viewing of the brand new movie, *Elvis* that drew in a big crowd. Lastly, we got creative this month with marble ceramics, painting pottery and jewelry making. 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 body's ability to freely move around one or multiple joints pain-free and through a full range of motion (ROM). As we age, muscles lose their elasticity and become more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the body's most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our flexibility, regular stretching exercises can greatly improve the way we move and feel. 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 that 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 while minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement

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.

<u>Monday: Lunch Outings</u>	<u>Friday: Community Outings</u>	<u>Errands</u>
(Please refer to the calendar for specific times)	(Please refer to the calendar for specific times)	
5 th – Labor Day (No Outing)	2 nd – Scenic Drive	Please notify Teresa Farmer or Alexis Spencer by phone or email.
12 th – Little Mama’s Italian	9 th – Lunch Outing to JJ’s Red Hots	
19 th – Men’s Outing to Longhorn Steakhouse	16 th – Outing to Krispy Kreme	
26 th – Southern Pecan	23 rd – Target	
	30 th – Picnic Outing to Park Road Park	

Oktoberfest Lunch Outing to Waldhorn Restaurant on Thursday, September 22nd

SEPTEMBER SPECIAL EVENTS

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Grandparents’ Day Social

September 11th at 1:30 pm

We want to celebrate all of the wonderful grandparents in the community for Grandparents’ Day! All residents are welcome to join us for this event. Refreshments will be provided.

19

Resident Council Meeting

September 19th at 2:00 pm

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

23

Oktoberfest Happy Hour

September 23rd at 3:30 pm

Put on your lederhosen, grab a beer stein and join us for Oktoberfest Happy Hour! We will serve your usual favorites, in addition to offering additional snacks and a beer taste testing session.

25

Rosh Hashanah Happy Hour

September 25th at 3:30 pm

We invite you to celebrate the Jewish New Year at our Rosh Hashanah Happy Hour. In addition to our typical happy hour items, we will be offering apples with honey and pomegranate wine spritzers. All are welcome to attend!



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

CHEF'S CORNER

HAPPY BIRTHDAY

Celebrating Birthdays in September

September 5th – Norma C.
September 8th – Susan T.
September 13th – Irene S.
September 18th – Phyllis P.
September 20th – Fay S.
September 21st – Patricia M.
September 22nd – Terry A.
September 25th – Judy B.
September 27th – Susan N.

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

-Frank Lloyd Wright

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 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 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!