

COTSWOLD CONNECT

FEBRUARY 2023

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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Love Is In The Air

February is a month full of love, and just like a smile, it is contagious. There is no better time to spread love to family and friends; it can be as simple as giving your loved ones a compliment or a hug. On that note, our community will be hosting a Random Acts of Kindness challenge for the entire month of February. Our goal is to complete at least 168.6 random acts of kindness by the end of the month, and we need your help! We will have a kindness table located in the 2nd floor main hallway. You can write the act of kindness on our community clipboard and fill out a raffle ticket with the name of the person who contributed the act of kindness on it. The individual who has completed the most acts of kindness at the end of the month receives a prize! Blank raffle tickets can be found on the table or at concierge. Please reach out to a Life Enrichment team member if you have any questions.

In addition, we will be celebrating Black History Month, Go Red for Women Day and Valentine's Day in the month of February. We have a number of exciting programs for each of these special events, and they can be found on the monthly program calendar.

We will also be starting our fundraising for the Alzheimer's Association ahead of the Walk to End Alzheimer's. We will be doing this with two separate movie showings on February 4th and February 11th at 3:30pm in our Theater. The first movie is *Black Panther: Wakanda Forever* and the second is *Ticket to Paradise*. RSVP with concierge before the showings to attend. Tickets are \$10 for adults and \$5 for kids and include popcorn, candy and a drink (beer and wine available for 21+). We are squeezing in a lot of action into the shortest month of the year. We would love for you to be a part of it!

-Your Waltonwood Family

COMMUNITY LEADERSHIP

Jeff Plummer
Regional Director of Operations

Eric Davis
Executive Director

Sharyn Riddle
Business Office Manager

Leonel Ferreira
Culinary Services Manager

Hadiyyah Carlisle
Housekeeping Supervisor

Alexis Spencer
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Victoria Cleveland
Wellness Coordinator

Rudy Williamson
Environmental Services Manager

ASSOCIATE SPOTLIGHT

ASIA MASSEY

Asia was born and raised in Charlotte, North Carolina and graduated from Garinger High school in 2010. Since then, she has gone on to attend classes at Central Piedmont Community College. Asia has worked as a housekeeper for over 5 years in total and has been with the Waltonwood Cotswold family for roughly 3 of them. At Waltonwood, Asia is a reliable and hard-working coworker when it comes to helping the residents and supporting her team. Outside of work she continues to be a laid-back person who enjoys watching movies, traveling, listen to music, cooking, and being with her family during her free time. She has two boys at home: Xavier, who is 8, and most recently she welcomed Jemi into her family, who is now 6 months. We can always count on Asia to go above and beyond the line of duty when it comes to serving our residents and the Waltonwood Cotswold community. She continues to demonstrate all the qualities that we look for in our associate of the month.



JANUARY HIGHLIGHTS

January was a fantastic fresh start to the year! We kicked off the month with a champagne toast to the New Year with great friends. There were a lot of new and exciting events this month. Residents enjoyed getting outside of the community on several outings. We took residents to the Mint Museum Uptown, which featured a fashion exhibit that took you through years of style dating all the way back to the 1760s. We enjoyed a movie night at the theater to see *I Wanna Dance With Somebody*, which highlighted the life of singer Whitney Houston. A new and exciting outing we introduced this month was to Two Kings Casino in Kings Mountain, NC! We got in touch with our creative sides with a few winter-themed crafts including winter stencil tote bags, snowman wine bottles, and decorative snowflakes. Our evening events included a Sip and Paint with Shannon and a 1950's-themed Sock Hop Family Night! We're looking forward to seeing what fun-loving February has in store for us.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Here and Now

Much like our personalities, our fitness experience is uniquely ours. Strengths, weaknesses, abilities and limitations all shape our overall health and wellness. While previous experiences often influence our perception of how we “should” be while assessing our current state in the realm of health and fitness, it is important not to let these perceptions be the defining factor in your overall success. Focusing on these perceptions that are too far in the past create an unfair comparison between our current self and a younger version. Vice versa, when we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you. Like most things, progress in fitness is rarely linear, but rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the here and now!

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 be in the lobby at 10:45 am)

- 6th – Red Rocks Café
- 13th – Scenic Drive*
- 20th – Cheesecake Factory
- 27th – Portofino’s

Friday: Community Outings

- 3rd – Innovative Works by Charlotte Ballet
- 10th – Target
- 17th – Lunch Outing to Captain Steve’s
- 24th – Target

Errands

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

*Scenic Drive outing will be at 10:15 am

FEBRUARY SPECIAL EVENTS

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National Wear Red Day

February 3rd

We invite all residents to wear their favorite red attire today. We will have a number of special events to promote heart health, so check out the monthly program calendar for more information.

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Resident Council Meeting

February 20th at 2:00 pm

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

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Valentine’s Day Luncheon

February 14th at 11:00 am

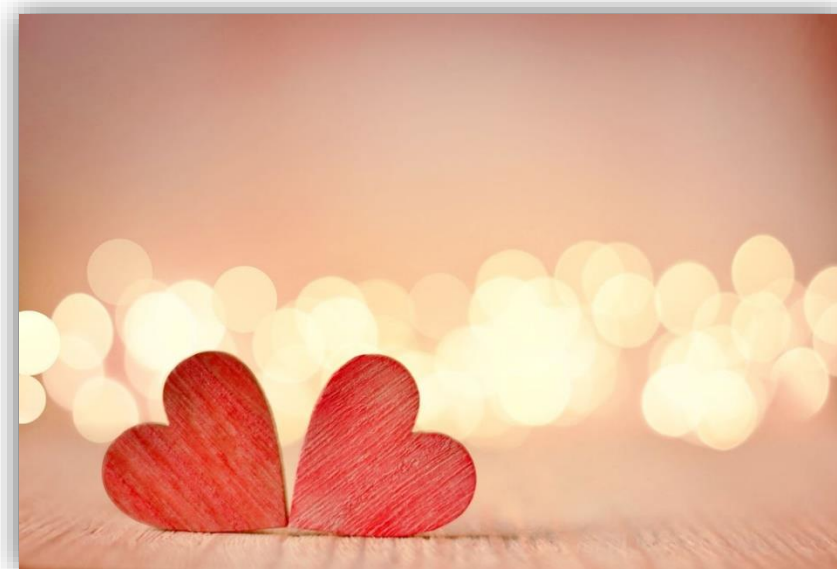
We are hosting a special luncheon on Valentine’s Day, complete with delicious menu options and live entertainment by Patrick Hudson! All residents are invited to this event with no RSVP required.

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Outing to NASCAR Hall of Fame

February 23rd at 1:00 pm

Join us for a special Thursday afternoon outing to the NASCAR Hall of Fame! If you are interested in attending, sign up with concierge as spots are limited.



EXECUTIVE DIRECTOR CORNER

Love is in the air, and I look forward to seeing all of the photos of our residents and team members with their loved ones displayed in the community. It is amazing how a photo can bring about such happiness and remind us of wonderful times that we have shared with the people that we love.

The entire month of February, we will be celebrating “Random Acts of Kindness”. All month long we will be looking forward to hearing compliments, kind words, and encouragement. No act of kindness is too small! We have a company goal of 2,023 acts of kindness, and a community goal of 168.6, but I think we can beat that! Be on the lookout for more information coming your way.

All my best,

Eric Davis

Executive Director

CHEF'S CORNER

Valentine's Day Menu

Soup

Lobster Bisque

Salad

Caesar Salad

Fresh Romaine, Garlic Croutons, Pepperoncini, Red Onion, Black Olives, Bacon, and Asiago Cheese

Feature

Grilled Lamb Chops with Demi Glace, Scalloped Potatoes and Sauteed Spinach

Alternate

Pan Seared Red Snapper, Brown Rice, Steamed Asparagus and Baby Carrots

Desserts

Chocolate Mousse Cake, Strawberry Crunch, Lemon Meringue Pie

Celebrating Birthdays in February

February 8th – Joyce N.

February 9th – Hilde C.

February 23rd – Doug M.

February 27th – Ted R.

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!



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

-Frank Lloyd Wright



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!