

COTSWOLD CONNECT

FEBRUARY 2023

MEMORY CARE EDITION



Redefining Retirement Living

SINGH

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COMMUNITY LEADERSHIP

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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 your 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

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

During the month of February, we enjoyed some of our usual programs while at the same time adding new ones! We enjoyed great one-on-one groups with our various pet therapy dogs. Pictured here is ... We also enjoyed a wide array of winter themed crafts and painting!

We also added exciting new events in the month of January! We have now added aerobic drumming to our schedule every Friday at 11. This program encourages cardiovascular fitness while simultaneously allowing residents to focus on enjoying music of all genres. The end result does not feel like exercise at all!

We also hosted our first family night event and it was a blast! Residents and their families joined us for a 1950s Sock Hop Night. The music was infectious, while burgers, French fries, and milk shakes were had by all!



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!

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 February!

Thursday Outings

- 2nd – Outing to OMG Donuts
- 3rd – Outing to Innovative Works by Charlotte Ballet
- 9th – Outing to the Rocky Mountain Chocolate Factory
- 16th – Lunch Outing to Maggiano's Little Italy
- 23rd – Outing to Nascar Hall of Fame

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.

FEBRUARY SPECIAL EVENTS

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Live Music with Ethan Uslan

February 4th at 2:30pm

Come and enjoy some piano music on your fine Saturday with Ethan Uslan. Bring your singing voices as well, as Ethan will play some classics that we all know and love.

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Valentine's Day Social

February 14th at 3:00 pm

It's Valentine's Day and we are celebrating with all of the usual tropes. Red wine: Check! Chocolate: Check! Red everything: Check! Romantic Music: Check! Now we just need the people, come join!

7

Cheesecake Taste Test

February 7th at 3:00 pm

Cheesecake comes in all flavors and styles. Come try a couple of the classics as well as some interesting takes on the classically rich dessert!

21

Mardi Gras Social

February 21st at 3:00 pm

It is Fat Tuesday which means it is time for a party! We will have King Cake, Mardi Gras Beads, and no shortage of Mardi Gras masks!



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



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 January

February 25th – Jeanne C.

February 26th – Sarah W.

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!



"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!