

COTSWOLD CONNECT

SEPTEMBER 2023

ASSISTED LIVING EDITION



SINGH

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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 13th at 10:00 am in the library. 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 third annual Penny Wars competition (September 11th - 25th). 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 Thursday, September 14th 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!

We will be recognizing Labor Day, Grandparents' Day, Assisted Living Week, Rosh Hashanah, Oktoberfest and Hispanic Heritage Month in the month of September. 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 LEADERSHIP

Jeff Plummer
Regional Director of Operations

Eric Davis
Senior Executive Director

Sharyn Riddle
Business Office Manager

Leonel Ferreira
Culinary Services Manager

Hadiyyah Hilton
Housekeeping Supervisor

Alexis Spencer
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Christie Cunningham
Resident Care Manager

Tammie Weston
Wellness Coordinator

Rudy Williamson
Environmental Services Manager

ASSOCIATE SPOTLIGHT

VANECIA ELLIS

Vanecia, or “V”, as she likes to be called, is from Laurinburg, North Carolina where she was born and raised. She moved to Charlotte in 2015 when she started school at UNCC, graduating in 2020 with a degree in Exercise Science. V first started working at Waltonwood Cotswold in 2018, having developed a love for seniors due to the role her grandmother played in her life. As V grew into a young adult, she even helped her mother take care of her grandmother at home. Needless to say, she is very close with her family, who all live back home in Laurinburg. V’s favorite part about working at Waltonwood is building relationships with the residents and their family members, and she naturally projects happiness and positivity to everyone she sees! Outside of work V enjoys shopping, going to concerts, going to the park, traveling, and getting her nails done. V plans on starting nursing school this upcoming January with an end goal of becoming a labor and delivery nurse or a NICU nurse once she graduates, which she has wanted to do since she was a little girl. V makes a difference here every day and we love having her as part of our Waltonwood Family!



AUGUST HIGHLIGHTS

August was a great end to the summer! We kicked off the month with International Beer Day and took a trip to Charlotte Beer Garden for some great drinks and fun with friends. We got adventurous this month with our restaurant outings and tried some new, delicious food at Amimya Latin Cuisine and Nautical Acai Bowls. Our exciting outings continued this month with a trip to see Willy Wonka at Booth Playhouse, as well as shopping trips to Dollar Tree and Painted Tree Boutiques! We got creative this month with another Sip and Paint with Shannon, kindness rock art, ceramic shark banks, mandala suncatchers and floral “Hello” door signs. Lastly, we repeated our well-enjoyed relaxation spa from last month’s Gorgeous Grandma Day and it was a hit yet again. We did our best to beat the heat with piña colada and ice cream sandwich socials in our courtyard. Last but not least, we made a trip to Idlewild Elementary School to drop off school supplies that we had collected throughout the summer. It was a month full of fun and memories. We are looking forward to September and all the things fall has to offer!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Outside of the Box

If nothing else, we are creatures of habit. The schedules and routines that we’ve developed over the years help us to be effective, efficient and comfortable. Sometimes, however, in order to make any improvements we need, we have to take that awkward step outside of our comfort zone. As fragile as our bodies can be, they are equally resilient and able to adapt to the stress we place upon them. By failing to regularly add new stimuli, we often find ourselves making little to no progress. If you find yourself at a plateau, it may be the perfect time to try a new or more challenging exercise. Remember, exercise should never be painful; rather, it should be taxing enough to test your ability so that you can make small, incremental steps to a stronger, healthier version of you.

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 Jeanette Peterson (**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)	
4 th – Labor Day (no outing) 11 th – Brunch at Le Peep 18 th – Applebee’s 25 th – Cantina Louie	1 st – Scenic Drive 8 th – Target 15 th – Marshall’s 22 nd – Target 29 th – Southpark Mall	Please notify Jeanette Peterson or Alexis Spencer by phone or email.

SEPTEMBER SPECIAL EVENTS

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Kindness Council Kickoff

September 6th at 2:00 pm

If you are interested in learning about our new Kindness Council, please join us for a Kindness Council Kickoff at 2:00 pm in the café. We will serve refreshments and discuss the Kindness Council initiatives in more detail.

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Resident Council Meeting

September 18th at 2:00 pm

All residents are encouraged to attend our monthly Resident Council Meeting in the 1st floor Hobby Room to discuss happenings within the community. We hope to see you there this month!

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Grandparents’ Day Social and Happy Hour

September 11th at 3:30 pm

We are hosting a Grandparents’ Day Social and Happy Hour on Monday, September 11th. Please invite your families, including grandchildren and great-grandchildren. Light refreshments will be served.

25

Oktoberfest Happy Hour

September 25th 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.



EXECUTIVE DIRECTOR CORNER

Fall is upon us, and after all of that summer heat, I think we are ready for it! I don’t know about you, but I certainly welcome the cooler days. September is going to be filled with tons of excitement for all! Coming up is National Assisted Living Week from September 10th-16th, 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 5th – Norma C.

September 8th – Susan T.

September 18th – Phyllis P.

September 20th – Fay S.

September 21st – Patricia M.

September 27th – Susan N.

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

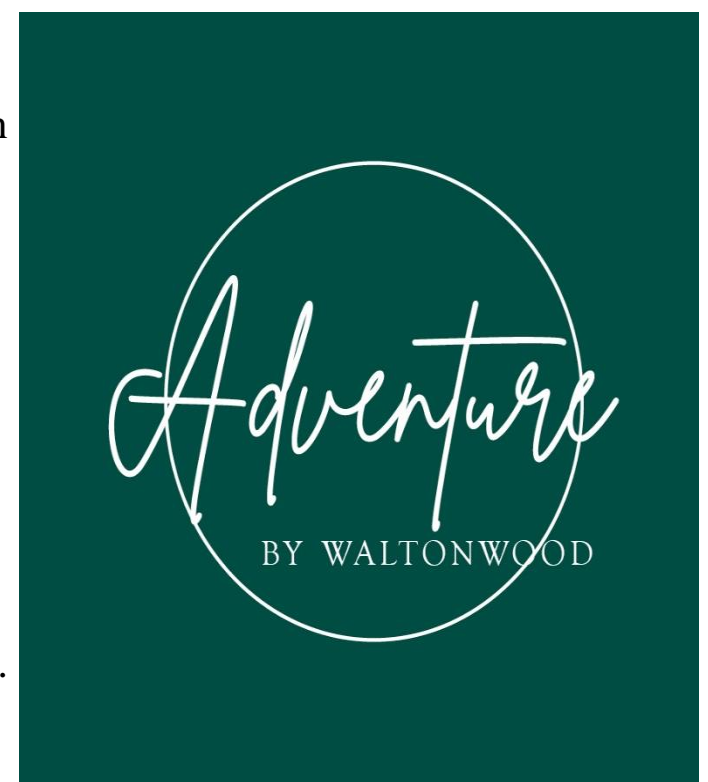
-Frank Lloyd Wright

CHEF'S CORNER



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 Sophia 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!