

COTSWOLD CONNECT

SEPTEMBER 2023

MEMORY CARE EDITION



SINGH

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COMMUNITY LEADERSHIP

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Hadiyyah Hilton
Housekeeping Supervisor

Sophia Yescott
Life Enrichment Manager

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Marketing Manager

Sierra McKoy
Wellness Coordinator

Christie Cunningham
Resident Care Manager

Rudy Williamson
Environmental Services Manager

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!

This month, we will begin our fall fundraisers for the Alzheimer's Association. First, we will be hosting our third annual Waltonwood Penny Wars competition from September 11th to September 25th. Each department will have a jar to collect change, located on the table in the front lobby. All are welcome to participate in this fundraiser.

Up next, we will have a carwash fundraiser on Thursday, September 14th from 2:00pm to 4:00pm. There is a \$3 minimum suggested donation per car.

There is no RSVP required for this event and all are welcome to swing by and get their cars washed!

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.

Don't forget, all grandchildren and great grandchildren are invited to join us on Monday, September 11th for our special Grandparents' Day Social at 3:00pm.

-Your Waltonwood Family

ASSOCIATE SPOTLIGHT

VANECIA “V” 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

The month of August was filled with many fun summer activities! We celebrated National Watermelon Month with a watermelon themed bulletin board, a watermelon social, and by making watermelon paper fans! The residents enjoyed outings to the Famous Toastery, Smoothie King, Cracker Barrel, the Mint Museum, and got some ice cream at Dairy Queen to end the month. We also explored our creative sides with a variety of summer crafts. The residents painted ceramic cacti and made their own DIY flower pots and fish shaped suncatchers. We were excited to host more live entertainment this month including a harpsichord performance following the “Road to Bach” and we had Aron Stornaiuolo perform for the second month in a row while he is home from college for the summer. Our Kindness Council also hosted a school supplies drive and drop off for Idlewild Elementary School to give back to our community and celebrate the start of the new school year. Keep an eye out for more Kindness Council events in the coming months. We can’t wait to see what September has in store for us!



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, we have to step outside of our comfort zones in order to make improvements in our lives. By failing to regularly add new stimuli, we may find ourselves plateauing. This is the perfect excuse to try different, more challenging exercises. Our bodies are resilient and can adapt when we need them to. Remember exercise should never be painful! Rather, it should be taxing enough to test our abilities so that we can take those small incremental steps toward stronger and healthier versions of ourselves.

TRANSPORTATION INFORMATION

Waltonwood Cotswold offers a variety of offsite outings throughout the week. Please refer to the calendar for the full schedule.

Here are our scheduled outings for August!

- ❖ 7th – Brunch Outing to Stacks Kitchen
- ❖ 14th – Outing to Mugs Coffee
- ❖ 21st – Lunch Outing to Phil’s Deli
- ❖ 28th – Outing to Pet Smart

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

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Labor Day

September 4th

Come enjoy some treats and a discussion at our Labor Day social in honor of the holiday.

14

Kindness Council Rock Painting

September 14th at 1:00pm

Join us as our Kindness Council paints encouraging rocks to brighten each others’ days and decorate our community!

11

Grandparents’ Day Celebrations

September 11th at 10:15am & 3:00pm

Calling all grandchildren! In honor of National Grandparents’ Day we will be packaging treats for residents’ grandchildren during the morning and hosting them in the afternoon. We are excited to bring families together!

26

Resident Council Meeting

September 26th at 3:00pm

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



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,

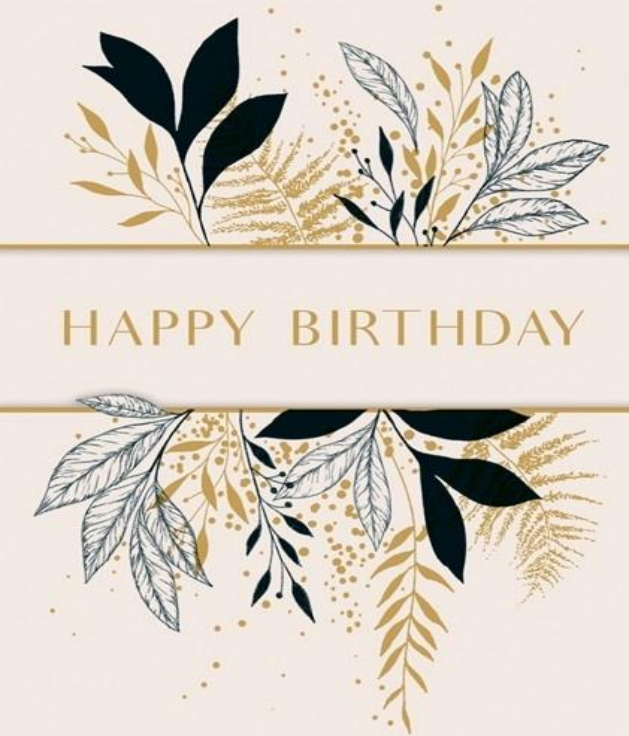
Eric Davis
Senior Executive Director



CHEF'S CORNER

Celebrating Birthdays in September

September 6th – Alice P.
September 10th – Bob G.
September 17th – Betsy B.
September 29th – Jane B.



“The longer I live, the more beautiful life becomes.”
-Frank Lloyd Wright

LABOR DAY Luncheon

Entree
All American Hot Dog
BBQ Pulled Chicken Sandwich

Side Dishes
Potato Salad
Coleslaw
Baked Beans
Macaroni & Cheese

Dessert
Ice Cream
Ice Cream Sandwiches
Watermelon

★★★★★
Signature Cocktail: Watermelon Margarita

LIFE ENRICHMENT BULLETIN

We are excited to continue promoting our 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!