

COTSWOLD CONNECT

FEBRUARY 2024

ASSISTED LIVING EDITION



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 on the second 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, American Heart Month, Mardi Gras, Ash Wednesday, Go Red for Women Day, Presidents' Day, Leap 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.

During the month of February, we will have a display set up on the second floor in honor of Black History Month with profiles of some notable black individuals throughout history. Additionally, we will set up a Valentine's Day display of our residents' wedding photos. If you would like to have your wedding photo displayed, please label it and turn it into concierge (to the attention of Life Enrichment) by February 8th. 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

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

Sierra McKoy

Wellness Coordinator

Rudy Williamson

Environmental Services Manager

ASSOCIATE SPOTLIGHT

JAVONNA ATKINS

Javonna is from Roanoke, VA but has lived here in Charlotte since September. She moved here with her entire family (including her great grandmother)! She has been enjoying living in a bigger city like Charlotte and loves meeting new people.

Javonna initially developed a passion for caregiving because of her involvement in her great grandmother's care, and has been a professional Caregiver for about three years now. She enjoys working in the senior living setting and intends to become a Registered Nurse in the future. Her favorites part of her job is taking care of the residents. She especially loves doing their hair and helping them pick out their outfits! She states that she feels very appreciated here at Waltonwood Cotswold and is comfortable amongst staff and residents.

Outside of work Javonna enjoys reading, hiking, walking, spending time outdoors, and staying active. She is also an avid reader and loves music, her favorite genre being R&B.

We are so grateful to call Javonna a member of our Waltonwood Family and can't wait to see where the future takes her!



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. The King of Rock n' Roll had a birthday this month so we celebrated Elvis week in style with themed trivia, happy hour, documentaries, and even enjoyed a concert with an Elvis impersonator. The residents made mitten canvas art, frost snow mason jars and winter wood coasters to release some creative energy during the cold weather. We enjoyed some delicious new restaurants including Nothing But Noodles, Cabo Fish Taco, Ruby Sunshine and dinner at Riccio's Italian. The residents continued their fun outside of the community with trips to Southern Lion and the Mint Museum Uptown. We had visits from the Jewish Middle School to celebrate Shabbat and Tu B'Shevat with our residents where they learned about each holiday and participated in a fun activity. There were so many exciting events this month and lots of memories made. We're looking forward to what a fun loving February has in store for us!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

February is American Heart Month

What comes to mind when you hear the word heart? I'm sure you can think of a few things but not many people think of the brain when thinking of the heart. The brain regulates our organs but what is fascinating about the heart is that it is still capable of beating if a person goes braindead. The heart seems to have a "mind" of its own because according to the National Library of Medicine, other organs need the brain to send signals to them so that they can function. The importance of heart health is obvious, yet the reasons are easily ignored due to preferences, culture, and lack of education. Take a little time this month to learn more about how your heart works and even more so, how to take better care of it. The physical and emotional aspects have to do with your brain. Work on reducing stress and increasing holistic activities such as music, puzzles, socializing, spiritual involvement, art and physical movement, to name a few. Improve your health by making some adjustments. Let's celebrate February with the American Heart Association and make this our best heart-healthy year ever!

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 9:00-4:00pm. 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.

Monday Outings

5th – Lunch at Char Bar No. 7
12th – Lunch at Brixx Pizza
19th – Lunch at Groucho’s Deli
26th – Lunch at Tasty Crab

Friday Outings

2nd – Scenic Drive
9th – Target
16th – Walmart
23rd – Charlotte Museum of History

Errands

Please notify Jeanette Peterson or Alexis Spencer by phone or email.

Please refer to the calendar for specific outing times.

FEBRUARY SPECIAL EVENTS

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Go Red Fashion Show and Happy Hour

February 2nd beginning at 2:00 pm

Our first ever Go Red Fashion Show will be held on Friday, February 2nd at 2:00 pm, followed by a Go Red Happy Hour at 3:30 pm. We welcome our residents to walk in the fashion show or come out to watch!

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Resident Council Meeting

February 19th 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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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 a specialty cocktail, followed by live entertainment from Patrick Hudson! All residents are invited to this event with no RSVP required.

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Craft and Learn: Black History Month Edition

February 29th at 2:00 pm

In honor of Black History Month, we will be holding a Craft and Learn session to highlight discuss the contributions of African Americans throughout history. We will also create an art piece to take home.



EXECUTIVE DIRECTOR CORNER

Love is in the air, and I look forward to seeing all of the photos of our residents 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 2,024 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

Senior Executive Director

LIFE ENRICHMENT BULLETIN

Here at Waltonwood Cotswold, we have several groups available for residents to attend. These groups meet on a monthly basis. Please see more information below.

- **Executive Director Roundtable** – *Meets Thursday, February 8th at 10:30 am in the Café*
 - Our Executive Director, Eric Davis, hosts a monthly meeting to give community updates, and also gives the residents an opportunity to ask questions on any topics related to the community.
- **Resident Council** – *Meets Monday, February 19th at 2:00 pm in the Hobby Room*
 - All residents are highly encouraged to attend the Resident Council meeting each month to discuss happenings in the community and provide feedback to the community leadership team.
- **Kindness Council** – *Meets Monday, February 12th at 1:00 pm in the Café*
 - Are you interested in spreading kindness throughout our Waltonwood Cotswold community and beyond? If so, this is the group for you! We will meet to discuss ideas for volunteer projects and community initiatives to implement during the upcoming year.
- **Book Club** – *Meets Monday, February 26th at 2:00 pm in the Library*
 - If you love to read, this is the perfect group for you! Our book club selects one book per month and we get together to discuss it. The current book is “The Getaway Girls” by Dee MacDonald. If you need a book, please see Alexis or Aliyah.
- **Culinary Council** – *Meets Wednesday, February 28th at 10:30 am in the Café*
 - Our Culinary Services Manager, Leo Ferreira, hosts a monthly meeting to answer questions related to the culinary department and announce the menu for the upcoming month.

These meetings are open for all residents to attend and do not require an RSVP.

Celebrating Birthdays in February

- February 8th – Joyce N.
- February 9th – Hilde C.
- February 17th – Mary J.
- February 20th – Joan S.
- February 23rd – Doug M.
- February 27th – Ted R.

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

-Frank Lloyd Wright



Valentines Day Luncheon

Soup
CREAMY POTATO LEEK SOUP

Salad
CAPRESE SALAD
FRESH CUT TOMATO, MOZZARELLA CHEESE,
BASIL AND OLIVE OIL, TOPPED WITH
BALSAMIC GLAZE

Entree
HERB ROASTED BEEF TENDERLOIN
SERVED WITH CHEDDAR AND SOUR
CREAM WHIPPED POTATOES,
SAUTEED LEMON BUTTER GREEN BEANS,
TOPPED WITH A RED WINE SAUCE

Alternate Entree
SHRIMP AND GRITS
PAN SEARED SHRIMP SERVED OVER
CREAMY GRITS, WITH SAUTEED
RED PEPPERS AND ONIONS, TOPPED
WITH PARMESAN CHEESE

Cocktail
LOVE POTION
VODKA, CHAMBORD, CRANBERRY JUICE,
LEMON JUICE. SHAKEN, NOT STIRRED



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

