

COTSWOLD CONNECT

FEBRUARY 2024

MEMORY CARE 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

Sophia Yescott
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Sierra McKoy
Wellness Coordinator

Christie Cunningham
Resident Care Manager

Rudy Williamson
Environmental Services Manager

ASSOCIATE SPOTLIGHT

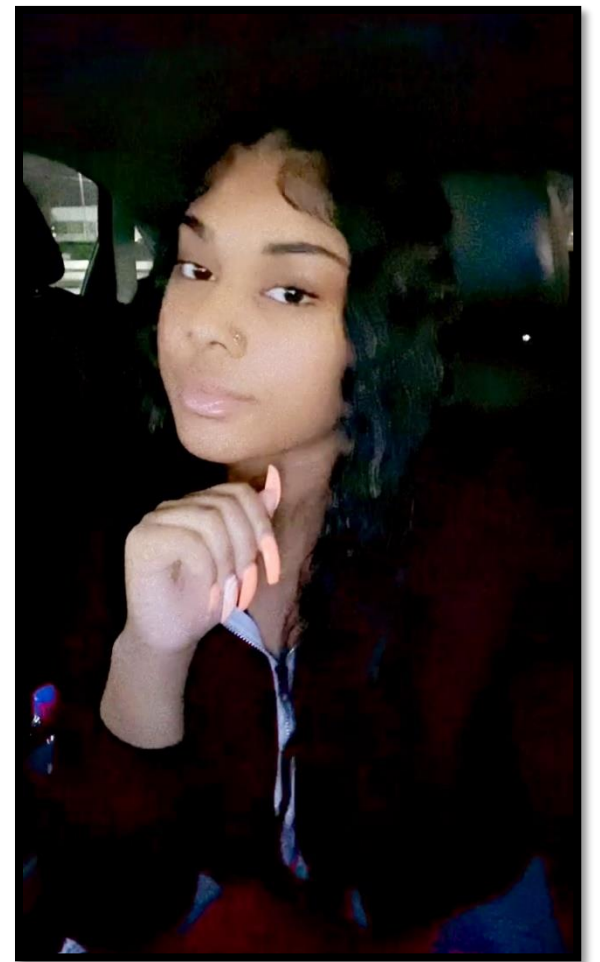
JAVONNA ATKINS

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

We had a wonderful time welcoming the New Year this January! The residents kicked off 2024 by enjoying a New Year's Day happy hour. We also celebrated many themed days this month including National Cream Puff Day, National Hot Tea Day, National Popcorn Day, National Peanut Butter Day, and National Hot Chocolate Day. Our taste test socials were a big hit with the residents and they got to taste test different chocolates, pastries, and popcorn flavors. We also went on some fun outings in January. The residents went to Cracker Barrel, Night Swim Coffee, Nothing Bundt Cakes, and we took a trip to the Mint Museum. Additionally, we honored Martin Luther King Jr by having a themed social, participating in MLK trivia, and watching his famous "I Have A Dream" speech.

We were thrilled to celebrate Elvis Week this month! The residents had so much fun enjoying a performance from an Elvis Impersonator. We also hosted a music therapist for the first time this January. The residents loved the interactive, rock and roll themed music therapy session and we can't wait to continue with them in the future. We also welcome three new residents to our Waltonwood Cotswold family this month. If you see Barbara V., Barbara S., and Sonya H. around, be sure to give them a smile! We can't wait to see what 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 offsite outings throughout the week. Please refer to the calendar for the full schedule.

Here are our scheduled outings for the month!

- ❖ 1st – Outing to the Movies
- ❖ 8th – Outing to Ace No. 3
- ❖ 15th – Outing to Mama Ricotta’s
- ❖ 22nd – Outing to Cupcake Delirium
- ❖ 29th – Outing to Dish it Out Pottery

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

5

Marathon Week Begins

This year we are hosting our own mini marathon! See our Fitness Coordinator, Shirlena, for details.

11

Superbowl Sunday

Go team! Join us for a watch party and enjoy some American Football.

13

Mardi Gras

This year we are recognizing Mardi Gras by virtually traveling to New Orleans and enjoying a King Cake in the afternoon.

14

Valentine’s Day

Celebrate with us as we make a V-Day Pie and enjoy live music from Patrick Hudson.



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,

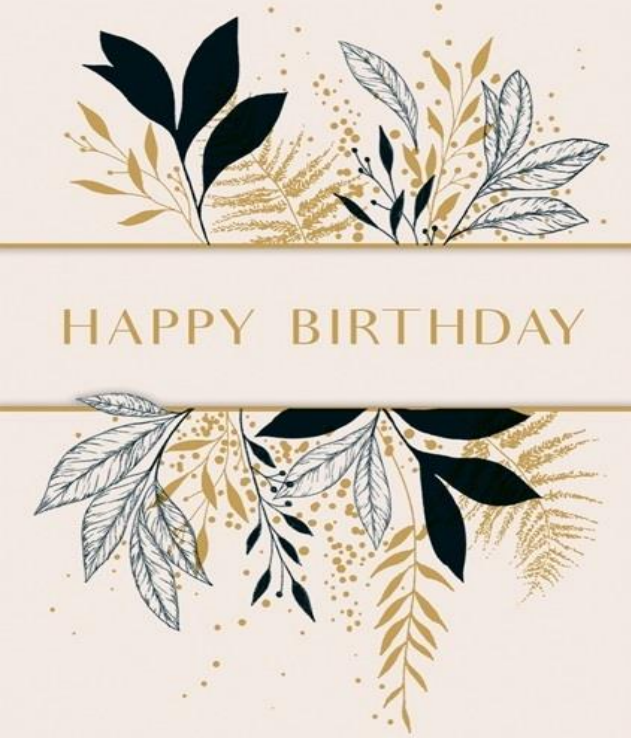
Eric Davis

Senior Executive Director

Celebrating Birthdays This Month

February 25th – Jeanne C.

February 26th – Sarah W.



CHEF’S CORNER



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!



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

-Frank Lloyd Wright



\$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!