

COTSWOLD CONNECT

APRIL 2024

MEMORY CARE EDITION



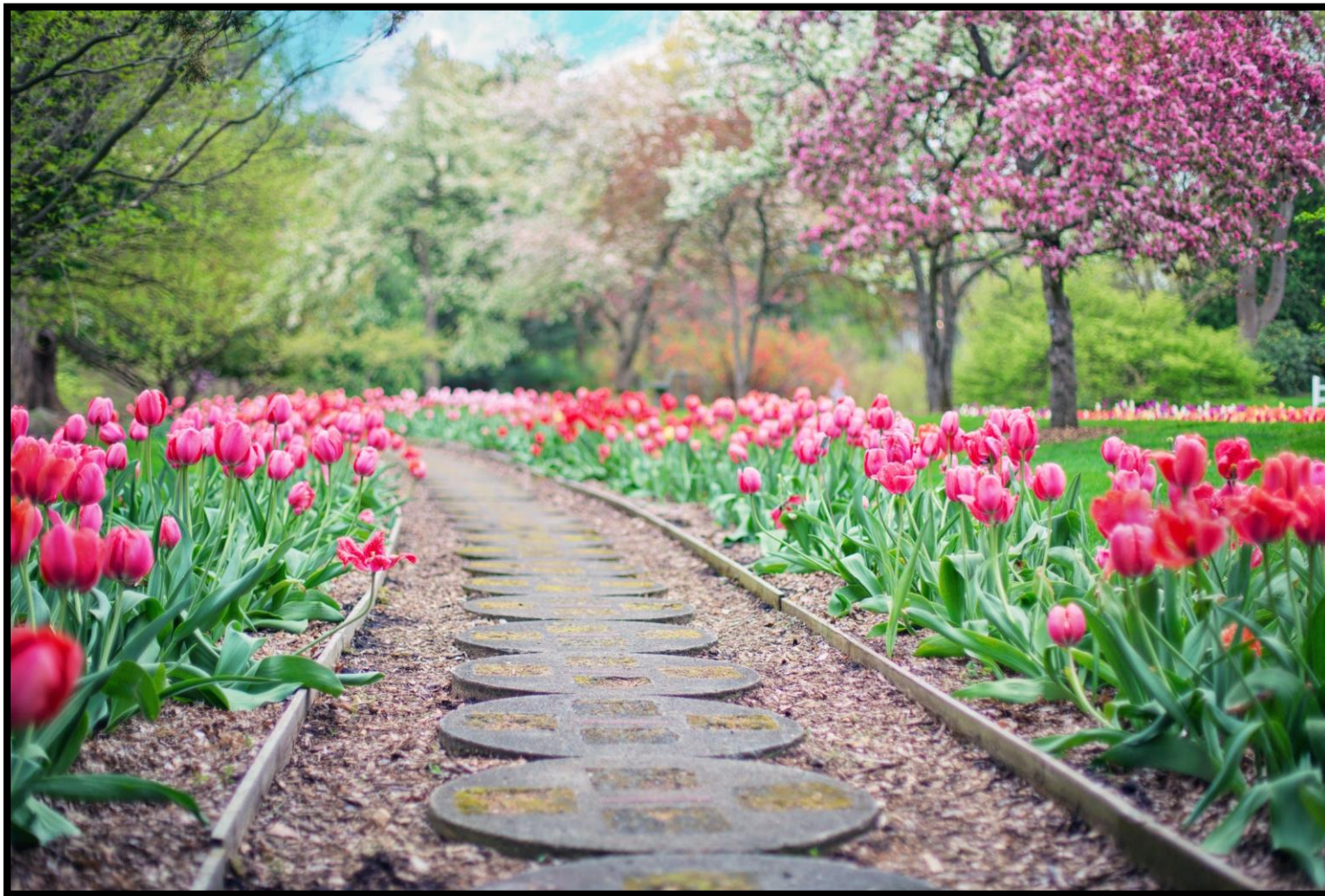
Redefining Retirement Living

SINGH

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Hopping into April

Spring has sprung here at Waltonwood Cotswold! Here's to hoping that April showers will bring us plenty of May flowers. We are excited to announce that we are kicking off our gardening group this month. Please refer to the monthly program calendar for specific meeting dates and times. All residents are invited to join the group and help us make the courtyards beautiful. If there are any specific types of flowers or plants that you are interested in planting, please see Alexis or Aliyah in Life Enrichment.

We are hosting several new entertainers and guests throughout the month of April. This will include a live music performance by Daryl and Patty on April 13th, dinner entertainment by the piano students of Sandy Barber on April 21st, live music with Tracey Bentley on April 28th and a special craft session with Lindsey on April 20th. Please help us give them a warm welcome!

Throughout the month of April, we will be promoting a community-wide recycling initiative. There are recycling receptacles located on the first floor outside of the hobby room, as well as in the trash closets on the second and third floors. Residents, staff and visitors are welcome to drop off any recyclables and we will transport to a local recycling center. If you have any questions, please reach out to a Life Enrichment team member.

We will also be celebrating National Library Week, Administrative Professionals Week, Solar Eclipse Day, Passover, Earth Day, Arbor Day and International Dance Day in the month of April. Additionally, we will be hosting our own Scotland Themed Week beginning April 22nd. 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

Sophia Yescott
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Tiffany McKoy
Wellness Coordinator

Christie Cunningham
Resident Care Manager

Rudy Williamson
Environmental Services Manager

ASSOCIATE SPOTLIGHT

RASHIDA MCGILL

Rashida was born and raised in Albany, New York and moved to Charlotte thirteen years ago with her family and plans on staying here. She has two kids who she loves very much! She enjoys spending time with her nine-year-old son who she says is a Momma's Boy. She also enjoys reading and her favorite author is Nikki Turner. She loves music, particularly old school R&B. She enjoys shopping and fashion and you can always see her expressing her style behind the front desk! Rashida has worked at Waltonwood Cotswold for about four years, having started as a Med Tech and then moving onto 3rd shift Concierge before finally becoming our full-time 1st shift Concierge one year ago! She certainly represents Waltonwood well as the first face that visitors see upon entering the building. Rashida's favorite part of her job is the residents, of course. She enjoys getting to know them and hearing about their backgrounds and stories. She also loves her team and speaks highly of everyone she works with. She appreciates how well her team communicates and supports one another. We are so grateful to have her here with us at Waltonwood Cotswold!



MARCH HIGHLIGHTS

March was an action-packed month here at Waltonwood! We kicked off the month by celebrating Read Across America Day at The Fletcher School. The residents loved visiting the school and reading to the kindergarten, first, and second grade students. We also celebrated St. Patrick's Day all month long! We enjoyed a performance from the Walsh Kelley School of Irish Dancing, a Leprechaun Lemonade Social, Lucky Punch Cocktail Hour, a lunch outing to Grace O'Malley's, and a scenic drive accompanied by some Shamrock Shakes. We also got into the St. Paddy's spirit by baking a green pudding pie, doing St. Paddy's themed paintings, and doing an armchair travel to Dublin. The residents are also celebrating March Madness like it's a holiday! They had so much fun cheering on their favorite teams during our March Madness Social and Watch Party. They also painted ceramic basketballs and made their own March Madness brackets this year. We ended the month with some Easter celebrations. The residents baked Resurrection Rolls, painted easter eggs, and enjoyed discussions about the history of the White House Easter Egg Roll and the evolution of the Easter Bunny. March was a month full of fun celebrations, and we can't wait to see what April has in store!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Flexibility: Embracing a Limber Life

Many times we think of flexibility as it relates to the body's ability to be loose. We think of former days of being able to touch our toes, bend down to pick things up from the floor, tie our shoes, and for some of us we may have been in sports. These activities required us to push our bodies to extremes especially if we did things like gymnastics, track, cheerleading or dance. The body is amazing, but as it matures, it's not able to do things as easy or as well as before. Sometimes an injury can occur that causes limitations in flexibility, but one of the things we often do not think about is the limitation of our minds. Our minds will tell us that because we've reached a specific age we can't do certain things. Or we think because we haven't done something in a while that we can't do it anymore. That is partially true, however we shouldn't let it stop us from trying. Stretching should always be done slowly and never in a bouncy, rapid or strenuous way. You should also make sure your body is warmed up before you begin to stretch. While considering options, take your time. Speak to your doctor, physical therapist, or fitness instructor about ways you can master flexibility that suit your body and lifestyle. Explore the possibilities because embracing a limber life can help prevent injuries, and potentially keep you safe even if you should have an unexpected fall or accident. It's not too late. You can start stretching today!

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!

- ❖ 4th – Outing to get smoothies
- ❖ 11th – Outing to Velo Pops
- ❖ 18th – Outing to Big Ben Pub
- ❖ 25th – Outing to picnic at the park



In addition to all these outings, Memory Care goes on scenic drives every Monday at 10:00am to explore the various sights and neighborhoods of Charlotte.

APRIL SPECIAL EVENTS

9

English Theme Day featuring London.

16

**English Theme Day featuring the
Lakes District.**

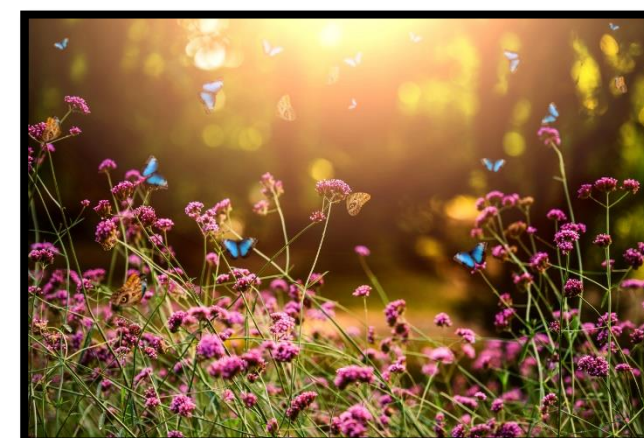


21

Scottish Heritage Week begins!

22

Earth Day



EXECUTIVE DIRECTOR CORNER

Hello and happy April!

We have started planning for one of my favorite events in the community, Camp Waltonwood! For those of you that have not been here for our Camp Waltonwood event, it is an intergenerational day-camp organized by our Life Enrichment team. This year, Camp Waltonwood will be on June 14th at 6:00pm. The theme: Carnival! I don't want to give away too many secrets, but it may just be the best one yet! Please RSVP for your grandchildren with the concierge to reserve your spot today.

I want to remind everyone that you are welcome to connect with me at any time. You can always stop by, or reach out through the concierge if you would like some time set aside to chat.

Stay well,

Eric Davis

Senior Executive Director

SAVE THE DATE

Save the date for our annual intergenerational event, Camp Waltonwood!

Camp Waltonwood 2024 will be held on Friday, June 14th at 6pm. Children ages 4-11 should come with a chaperone ready for a carnival night! RSVP to Sophia Yescott or Alexis Spencer at 704-496-9310.



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!