

COTSWOLD CONNECT

APRIL 2024

ASSISTED LIVING 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

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

RASHIDA MCGILL

Rashida was born and raised in Albany, New York. She 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 a great month full of holidays and exciting events! We kicked off the month with Read Across America Day, where we visited The Fletcher School for a special reading of “Snoopy Takes Off”. Our community hosted the annual Taste of Waltonwood event, where our culinary team and their delicious food shined bright! To get us in the St. Patrick’s Day spirit, the residents enjoyed a fantastic performance from Walsh Kelley School of Irish Dance. They also enjoyed some traditional Irish dishes on an outing to Grace O’Malley’s Public Irish House. We tapped into our creative side this month and made clay pot leprechaun hats, painted St. Patrick’s Day wooden block decorations, wooden shamrock blocks, bunny tail door hangers, and flower pot bunnies. The residents were out and about this month on several outings, including a trip to early voting at the Southpark Library, checking out new books at Barnes and Noble, and viewing the current exhibits at the Mint Museum in Uptown Charlotte. There were some great memories made in March, and we are looking forward to getting outside and seeing what else springtime has to offer us in April!



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 off site outings throughout the week. Refer to the calendar for the full schedule!

We are happy to mention that “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

- 1st – Lunch at Lebowski’s
- 8th – Lunch at The Jimmy
- 15th – Brunch at Snooze AM Eatery
- 22nd – Lunch at Big Ben Pub
- 29th – Lunch at Ilios Crafted Greek

Friday Outings

- 5th – Target
- 12th – Southpark Library
- 19th – Wing Haven
- 26th – Scenic Drive

Errands

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

Please refer to the calendar for specific outing times.

APRIL SPECIAL EVENTS

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Solar Eclipse Day Happy Hour

April 8th at 3:30 pm

We are celebrating this extraordinary celestial event with a Solar Eclipse happy hour! You will find us in the dining room beginning at 3:30 pm, just in time to see

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Resident Council Meeting

April 15th 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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Hot Dog Lunch with Bingo Dogs

April 18th at 11:00 am

We will be having a special hot dog lunch provided by Bingo Dogs! Please join us in the courtyard to grab a delicious hot dog and enjoy some fresh air with friends.

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Scotland Theme Week Begins

April 22nd – April 26th

We are hosting an action-packed week full of themed events in honor of Scotland! Please check your calendar for a full list of program dates and times.



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

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, April 11th 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, April 15th 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** – *Check the monthly calendar for specific events*
 - 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, April 29th 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 Golden Doves” by Martha Hall Kelly. If you need a book, please see Alexis or Aliyah.
- **Culinary Council** – *Meets Wednesday, April 24th 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.



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 help make our residents’ dreams come true!



HAPPY BIRTHDAY



Celebrating Birthdays in April

April 4th – Johnnie M.

April 6th – Richard H.

April 12th – Barbara B.

April 14th – Gwen H.

April 21st – June J.

April 24th – Barbara L.

April 28th – Dottie S.

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

-Frank Lloyd Wright



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!