

COTSWOLD CONNECT

MAY 2024

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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Blooming Into May

Spring is in full bloom here at Waltonwood Cotswold! We hope that you're able to spend some time outdoors so that you can enjoy the beautiful flowers and nice weather this month. We have been taking advantage of the nice weather, and you will see that we have planted new flowers, herbs and vegetables around the community. We want to invite all of our residents to assist with tending our community garden throughout the summer.

This year, we made the decision to try something a little different for Mother's Day. We will be hosting a Mother's Day Dinner on Friday, May 10th from 4:30 pm until 6:30 pm. We are accepting reservations until May 6th by calling our concierge at 704-496-9310. The last reservation time for the evening is at 5:30 pm. Please note that there is a maximum of four people per reservation, including the resident.

The cost of this meal is \$25.00 per adult and \$12.00 per child. We accept cash, credit card, or billing the amount to the resident's monthly statement. We look forward to having you!

Additionally, we are looking forward to our third annual Waltonwood Cotswold prom. It will be held on Wednesday, May 22nd throughout the afternoon and early evening. We will begin with prom pictures at 2:00 pm in the café/living room area. We will have a special debut music performance by the Kiss & Tell Duo at 3:00 pm in the dining room. Residents will be welcomed into the dining room for a special prom dinner at 4:30 pm. All residents are welcome to attend these prom-themed events, and we encourage everyone to take the opportunity to get dressed up for the evening. We want all of our residents to be able to look and feel their best.

-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

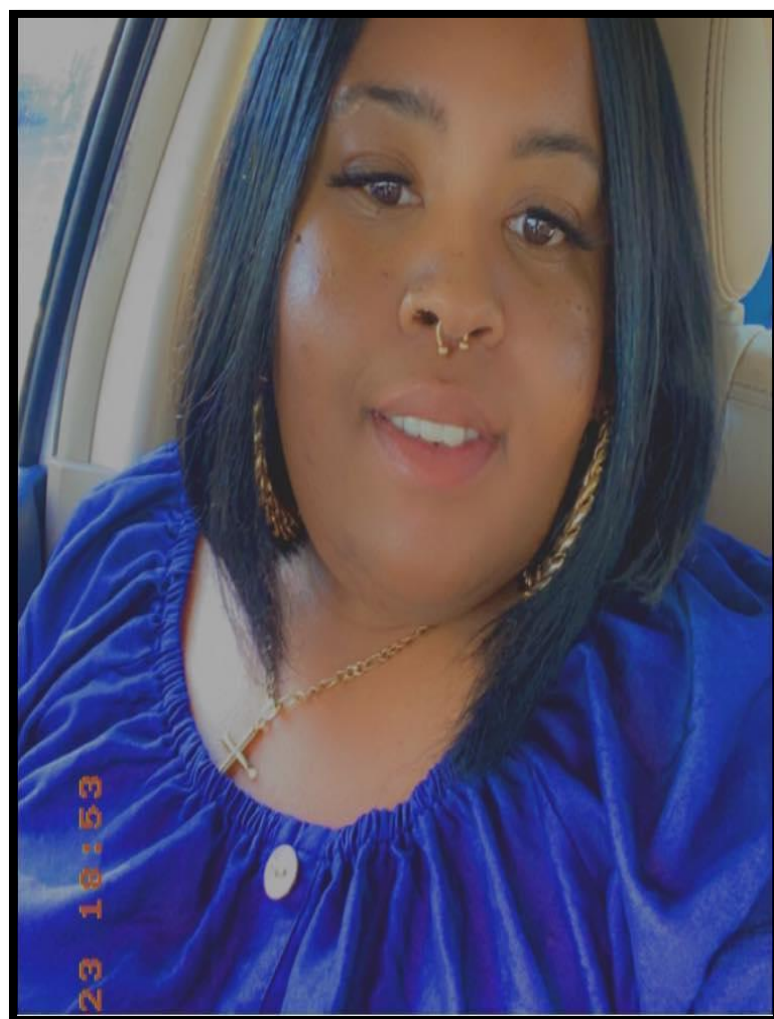
Environmental Services Manager

ASSOCIATE SPOTLIGHT

RONNA MACK

Ronna was born and raised in Paterson, NJ before moving to Charlotte shortly after high school thirteen years ago. One fun fact about Ronna is that she attended Eastside High School where the movie *Lean on Me* was filmed! Ronna has been married for eight years to her loving husband. In her free time, she enjoys spending time with him, her nephew, in-laws, parents, and extended family. She also loves to travel with her favorite destination being Puerto Rico! Additionally, Ronna is an avid reader. Her favorite genre to read is romance with her favorite author being Ashley Antoinette. Of course, her favorite book is *Moth of a Flame* by Ashley Antoinette.

Ronna became a caregiver years ago when she cared for her mother and grandmother as they fought (and beat!) breast cancer. She was inspired by her mother who has worked in healthcare for years. Ronna knew she wanted to follow in her mother's footsteps. She started working at Waltonwood Cotswold about three years ago. She took a break and recently made her way back to us this past September, and we are so glad she did! Her favorite part about work is interacting with the residents. She loves seniors and enjoys making the residents' days whether it's by helping them get dressed in their favorite outfits, styling their hair in special ways, or doing activities with them. She feels supported by her team here and appreciates that everyone chips in and helps each other as needed. Ronna is an asset to our Waltonwood Family and we are grateful to have her here!



APRIL HIGHLIGHTS

April was a beautiful month with spring in full swing. The sun was shining and the birds were singing! April was a time to celebrate warm weather and we did just that by sprucing up the garden in our courtyard, taking walks outside, spending a morning at Wing Haven Bird Sanctuary and going on scenic drives around Charlotte. It was also the month to honor Solar Eclipse Day, Passover and Earth Day. We tapped into our creative side and made cherry blossom canvas paintings, painted ceramic fairy houses and watering can planters, and made mini wooden birdhouses. Our residents were treated to a catered hot dog lunch provided by Rich at Bingo Dogs, and everyone was raving about how delicious their hot dogs are. We planned a very special theme week celebrating Scotland, which included a variety of themed events such as a Highlands Happy Hour, armchair travel to Scotland, and our very own rendition of the Highland Games! Overall, this month was so much fun and we can't wait to see what exciting programs May has in store for us!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

National Senior Health and Fitness Day

On Wednesday, May 29th, join Waltonwood and over 100,00 other seniors across the country as we celebrate National Senior Health and Fitness Day. This annual celebration highlights the impact that staying active has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. This year's theme is "Make Fitness Your Friend for Life", because it's never too late to take up a more active lifestyle. On May 29th, lace up your walking shoes, gather a few friends, and join us as we celebrate National Senior Health and Fitness Day 2024.

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

- 6th – Lunch at Midwood Smokehouse
- 13th – Lunch at Buffalo Wild Wings
- 20th – Lunch at Miki’s Restaurant
- 27th – Memorial Day (no outing)

Friday Outings

- 3rd – Dollar Tree
- 10th – Target
- 17th – Picnic at Park Road Park
- 24th – Scenic Drive
- 31st – Walmart

Errands

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

Please refer to the calendar for specific outing times.

MAY SPECIAL EVENTS

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Mother’s Day Mimosa Social

May 12th at 2:00 pm

Come down to the café to celebrate all of the amazing moms in the community! We will have mimosas for all attendees and give a special toast to all of the moms in attendance.

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Resident Council Meeting

May 20th 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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Waltonwood Senior Prom

May 22nd from 2:00 pm – 6:00 pm

Our senior prom will consist of prom pictures from in the living room at 2:00 pm, entertainment by the Kiss & Tell Duo at 3:00 pm, followed by a special dinner from 4:30p-6:00p. Don’t forget your dancing shoes!

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National Senior Health and Fitness Field Day

May 31st

We will be recognizing National Senior Health and Fitness Day with a balloon volleyball tournament, healthy snack, dance class and a mock jury program called “Junk Food On Trial.” Check your calendar for specific times.



EXECUTIVE DIRECTOR CORNER

Hello and happy May!

It is starting to get warm outside, and if you have allergies, you definitely know what time of year it is! During the month of May we have made arrangements with our landscaping team to install new flowers, trees, and shrubs, to replace ones that are no longer thriving. Our mulch will also be laid in May as well. Be on the lookout for the pressure washers, gutter cleaners, and vent cleaning companies making their visits to keep the community looking great! We will send out notices to you all when we have the definitive dates for service.

Lastly, if you are planning to make a Mother’s Day reservation, please do so as early as possible as we want to have advanced notice for seating purposes. We look forward to spending time celebrating all of the wonderful Mothers in our community!

Stay well,
Eric Davis

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.

HAPPY BIRTHDAY

Celebrating Birthdays in May

May 6th – Joanne M.

May 16th – Barbara P.

May 17th – Barbara P.

May 18th – Mary V.

May 26th – Beckie S.

May 30th – Paula W.

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

-Frank Lloyd Wright

- **Executive Director Roundtable** – *Meets Friday, May 10th 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, May 20th 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** – *We are taking an extra month to read the current book and will meet again on June 24th*
 - 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. If you need a book, please see Alexis or Aliyah.
- **Culinary Council** – *Meets Wednesday, May 29th 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!



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!