

COTSWOLD CONNECT

MAY 2024

MEMORY CARE EDITION



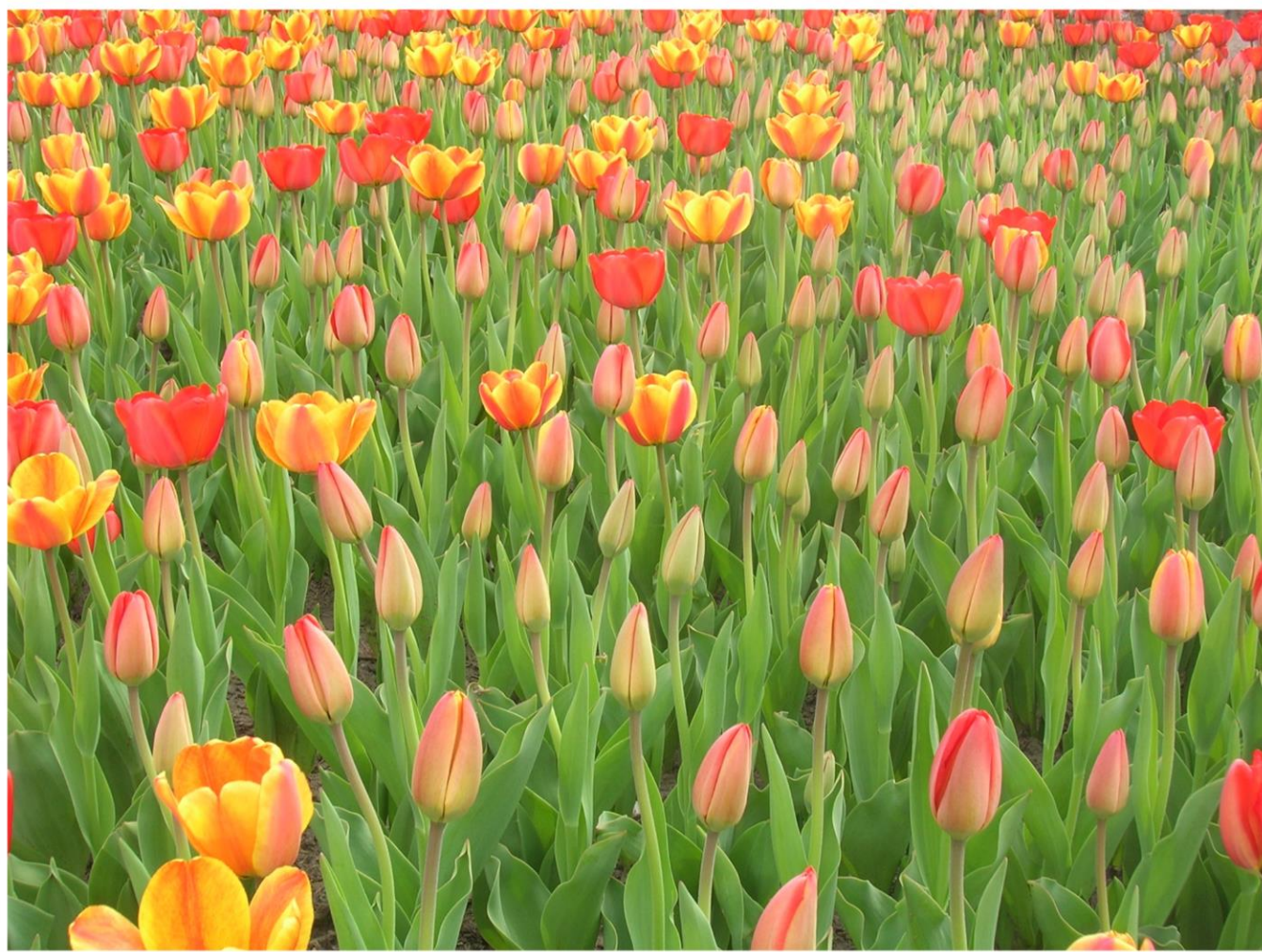
Redefining Retirement Living

SINGH

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www.waltonwood.com 704-496-9310

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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 1:00 pm in the hobby room. Later, we will have a special debut music performance by the Kiss & Tell Duo at 3:00 pm in the AL 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 afternoon and evening. We want all of our residents to be able to look and feel their best on this special day.

-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

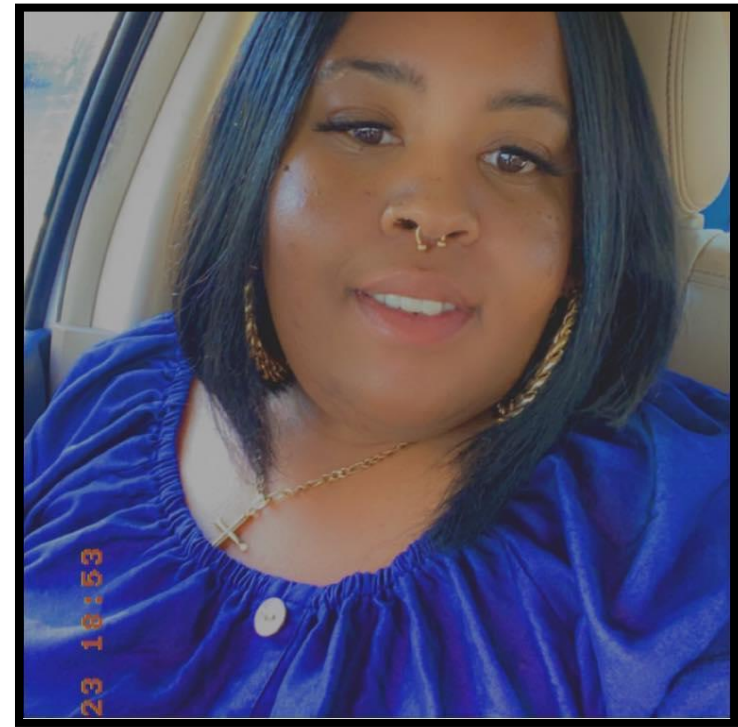
RONNA MACK

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 wonderful month welcoming some warm weather! To celebrate the start of Spring, we enjoyed outings to get smoothies and popsicles, painted DIY Spring Birds and Flower Pot Picture Frames, and had a picnic at the park. We also initiated theme days this month to celebrate and learn about different heritages such as English Heritage Day and French Heritage Day, as well as a full Scottish Heritage Week! Each theme day began with armchair travel excursions to Historic and Dynamic London, North England's Lake District, Scotland's Islands, and Paris. We also had socials with food and music from each culture. The Hot Cross Bun Social, English High Tea Social, Scottish Meat Pie Social, and French Eclair Social were big hits with the residents! We even went to the Big Ben Pub for lunch to add to our English Heritage experience. We can't wait to incorporate more theme days in the coming months! The residents enjoyed our live music performances this month from Steve Hilton and his harpsichord, Patrick Hudson, Lauren Jade, Daryl and Patty, Jim Ruth, and of course, John Lewis! We had so much fun dancing and singing along to their performances. We also welcomed new residents, Sheila, Carole, and Gwen this month so be sure to give them a smile if you see them around. We can't wait to see what 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 offsite outings throughout the week. Please refer to the calendar for the full schedule.

Here are our scheduled outings for the month!

- ❖ 9th – Outing to Night Swim Coffee
- ❖ 16th – Outing to James K. Polk Historic Site
- ❖ 23rd – Outing to Tropical Smoothie Cafe
- ❖ 30th – Lunch Outing to Phil's Deli



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.

MAY SPECIAL EVENTS

5

Cinco De Mayo

12

Mother's Day



22

Waltonwood Prom

29

National Senior Health & Fitness Day

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.

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 when we have the definitive dates for service.

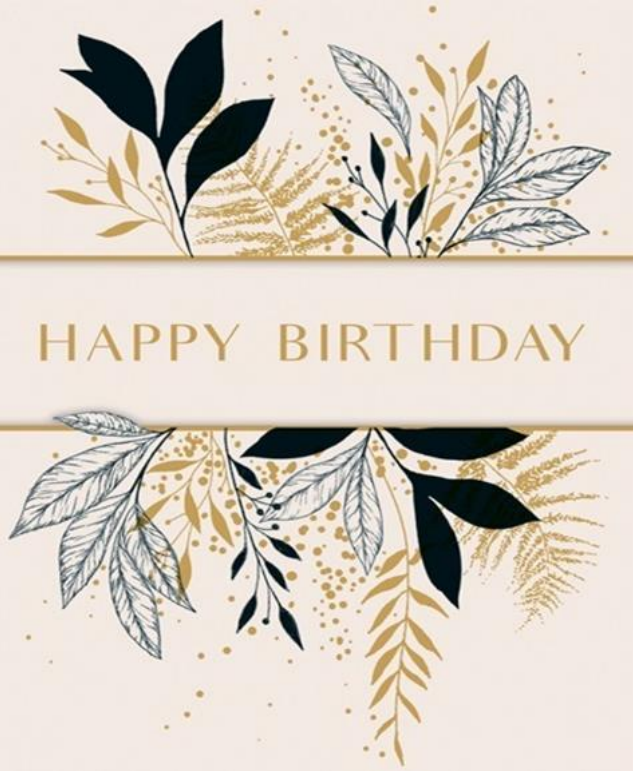
Lastly, if you are planning to make a Mother's Day reservation, please do so as early as possible as we want to have advanced notice for seating purposes. We look forward to spending time celebrating all of the wonderful Mothers in our community!

Stay well,

Eric Davis

Celebrating Birthdays This Month

May 24th – Sue D.



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!



“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!