

COTSWOLD CONNECT

JUNE 2024

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

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We've Got Sunshine On Our Minds

The sun is out, the school year is coming to an end, and we've got a fun-filled month coming your way. With the first day of summer on the horizon and the temperatures rising, we'd like to remind everyone to continue drinking water and wearing sunscreen and hats when you visit the courtyard and other outdoor areas.

On Friday, June 14th, we will be hosting a special intergenerational program called Camp Waltonwood throughout the community. There will be a variety of special carnival-themed stations between 6:00 pm and 8:00 pm. We will also be serving some of your favorite carnival food items at the start of the event. Residents are invited to participate in this event or volunteer for the event if they wish. Any special children in our residents' lives can attend this event with an adult present for the duration. This event is primarily geared towards children aged 12 and under. If you would like to RSVP for this event,

please call our concierge at 704-496-9310 by June 7th, as spaces are limited.

This month, we will be starting a new program called Culture Connect. It is an opportunity for residents to learn about other cultures with a local high school student, Elise, through avenues such as food, dance, and crafts. For this first session, Elise will be hosting a seated Bollywood dance class. We invite all of our residents to attend this introductory session to see what it's all about! You can find us in the living room at 1:00 pm on Monday, June 17th.

Lastly, we are hosting a Father's Day Luncheon on Sunday, June 16th. We will have two seatings at 11:00 am and 12:00 pm. Reservations can be made for up to three guests, and the cost is \$25 per person. Please call our concierge at 704-496-9310 and make sure to RSVP by June 10th.

-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

ERICA RICHMOND

Erica is from the suburbs of Chicago and moved to Charlotte in the fall of 2023 with her dog, Miss Kali, and her cat, Mister Toby. She has enjoyed Charlotte thus far and finds people to be much more hospitable here than the people up north. She started with us at Waltonwood Cotswold when she moved to the city because she loves seniors and thought this would provide her with a fun work opportunity. She most enjoys hearing the residents' life stories as well as working alongside her team, who she feels mesh well together with all of their different personalities.

Erica is also an esthetician on the side and aspires to build up her business in the future. In addition, her biggest personal goal is to get married and have a few kids. She loves kids and animals and states that she would enjoy having a small hobby farm outside of the city one day.

Outside of work you can find Erica enjoying walks around her pond, reading, and exploring the different restaurants that Charlotte has to offer. She is a self-declared foodie and one of her favorite Charlotte finds has been American Deli, which she recommends - especially for the wings.

Erica is certainly an asset at Waltonwood Cotswold and we are so glad she is part of our Waltonwood family!



MAY HIGHLIGHTS

May was a fantastic month, full of reasons to celebrate! We started things off with a bang by throwing a Cinco de Mayo party with margaritas and a tasty luncheon.

Additionally, we had a special music performance by the Encore Senior Choir from Providence United Methodist Church. Our residents loved hearing their beautiful voices!

Then, for Mother's Day, we had a fun mom-osa get-together and a special dinner to honor all the amazing moms here at Waltonwood. We also had a blast at our third annual Waltonwood Senior Prom! Residents dressed up, took pictures, and enjoyed a performance by the Kiss and Tell Duo, followed by a delicious meal in the dining room.

Throughout May, we got creative with activities like making piñatas, pressed flower bookmarks, canvas art, ceramic boot planters, and flower embroidery. We also celebrated National Senior Health and Fitness Day with fitness bingo, a balloon volleyball tournament, healthy snacks, and even a mock jury trial featuring junk food on trial! We also took our residents on a wonderful picnic outing to Park Road Park, where they were treated to their favorite Chick Fil A meals. It was a month filled with fun, and we can't wait to see what June and the start of summer have in store for us!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Sit up straight! Stop slouching! These are words many of us heard from parents, teachers, and coaches while growing up. Good posture is important because as we mature into the golden years, we naturally begin to lose bone and muscle strength. When we practice regular exercise and activities that keep us moving, it helps maintain strength, balance and flexibility. Although we may not be able to stop the natural degenerative changes, we can certainly increase our overall well-being. We can even delay some of the effects of muscle and bone loss. Here are a few things to consider in your daily routine. First, think about your back and trunk position as you go about your day. Begin to notice how you sit, how long you sit in one place and what you sit on. You might have a comfortable chair, but perhaps it is working against you. Comfortable chairs tend to feel good, but in the long run they promote slouching and dependency. When we depend on the comfort, we don't give our bodies a chance to work effectively and we don't have adequate support. Eventually we get lazy, weak and stiff. That's not to say that you should give up your comfort, but be aware of how much time you spend there and counterbalance it with conscious efforts to maintain good posture and core strength.

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

- 3rd – Lunch at Olive Garden
- 10th – Lunch at Tacos 4 Life
- 17th – Lunch at Chicken Salad Chick
- 27th – Lunch at Baoding Chinese

Friday Outings

- 7th – Target
- 14th – Scenic Drive
- 21st – Southern Lion Marketplace
- 28th – PlantHouse (Build Your Own Terrarium)

Errands

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

Please refer to the calendar for specific outing times.

JUNE SPECIAL EVENTS

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Father’s Day Soda Float Social

June 16th at 2:00 pm

We will have a selection of soda floats for everyone to enjoy in the courtyard on Father’s Day! We will also have a special Father’s Day live music performance afterwards at 3:30 pm in the living room.

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Wear Purple for The Longest Day

June 21st

Please join us in wearing purple for “The Longest Day.” This campaign is a global call to action to raise awareness and funds for the Alzheimer’s Association’s research, care, and support efforts, and to fight to end Alzheimer’s.

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Resident Council Meeting

June 17th 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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Educational Seminar with Ombudsman Rochelle

June 27th at 3:30 pm

Join us in the hobby room for a special presentation by our Ombudsman, Rochelle McIver. The presentation is called “Building a Community Together” and will focus on promoting positive interactions and respect.



EXECUTIVE DIRECTOR CORNER

Greetings all,

The summer months are fast approaching and it is heating up quick! While we love to encourage everyone to get out and soak up the sun, please remember to hydrate yourselves. We have infused water available at the concierge desk. Grab some and quench your thirst while you enjoy the summer sun! June is a very special month here, as we will be celebrating the dedicated team of Caregivers and Med Techs that support us each day. I want to extend a sincere and Happy CNA week to every one of our hard working, caring team members. We will be holding special events the week of June 10th for them to enjoy.

Lastly, I would like to send a very Happy Father’s Day to all of our wonderful Dad’s in in the community and on our team. We are incredibly lucky to have you as part of the Waltonwood Family.

Thank you,

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.

HAPPY BIRTHDAY

Celebrating Birthdays in June

June 4th – Marty R.

June 6th – Kay L.

June 11th – Leonard H.

June 13th – Linda L.

June 22nd – Judy B.

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

-Frank Lloyd Wright

- **Executive Director Roundtable** – *Meets Thursday, June 13th 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, June 17th 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, June 24th 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. If you need a book, please see Alexis or Aliyah.
- **Culinary Council** – *Meets Wednesday, June 26th 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!



\$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!



FRIENDS & FAMILY REFERRAL PROGRAM!