

# COTSWOLD CONNECT

JULY 2024

ASSISTED LIVING EDITION



*Redefining Retirement Living*

**SINGH**

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## Let Freedom Ring at Waltonwood Cotswold!

July is a month when we celebrate our independence as a nation. It's a time best spent with family and friends as we enjoy the nice weather. Many of us have our own traditions on the Fourth of July, whether that means going to a cookout or watching the fireworks. As we celebrate, please be mindful of the increasing temperatures by wearing hats, using sunscreen, limiting time spent in the sun and drinking plenty of water.

During the month of July, we will be collecting school supplies to donate to local students in need at Idlewild Elementary School. This school supply drive will run into early August; all supplies must be turned in for this event by Friday, August 16<sup>th</sup> at the latest. We will be distributing a flyer with a list of specific supplies that are needed. If you are interested in contributing, donations can be dropped off to the bin located in our front lobby. We appreciate your support and willingness to give back to the

local community.

This month, we will be continuing a program series 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. We invite all of our residents to attend this upcoming session! You can find us in the living room at 1:00 pm on Tuesday, July 30<sup>th</sup>.

Lastly, we are excited to announce that there is an app that can stream our Life Enrichment Community TV Channel! This app will show you the same information that is displayed on our TV screens in the hallways within the community. The app can be downloaded by any resident, family member or guest and is available on iPhone and Android devices. The instructions can be found on the two pages below. If you need further assistance, please reach out to Alexis or Sophia in Life Enrichment.

-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

### JEANETTE PETERSON



Jeanette is from Trinidad but spent most of her life in Connecticut until she moved to North Carolina just over 10 years ago after losing her mom, who she was very close with. She likes it here and considers Charlotte to be a “little Manhattan”, and appreciates the quietness of home in Lincolnton, NC. She has four kids and three grandchildren who she enjoys spending time with. There is nothing more important to her than her babies. She greatly misses her youngest son who just left home to go to college! Jeanette has always enjoyed driving, which is what motivated her to switch career paths during the pandemic. Up until that time she held various office positions,

but decided that life is too short to not do something that she enjoys. She enjoys working at Waltonwood because she gets to drive (a favorite hobby) and interact with the residents. Additionally, she appreciates the wisdom that the residents have to share. Professionally, Jeanette would love to drive for the secret service and for the wealthiest people in the world. Before driving, she used to dream of being a lawyer, and before that... she had a side gig in which she performed as Janet Jackson for her high school’s football and basketball games! Something that Jeanette has always wanted to do is take a week-long trip in which she drives with no destination for three days until she has to turn around and drive three days back home. She is always interested in a road trip! Jeanette is a wonderful part of our community and we are so glad she is part of our Waltonwood Family!

## JUNE HIGHLIGHTS

June was a wonderful month and brought a warm welcome to summer! This month was the time to host our annual Camp Waltonwood, an intergenerational event. We took everyone on to the carnival in our own front yard, with traditional games such as Plinko, mini basketball and skeeball, a sno-cone action station, plenty of your favorite carnival food items and even a live petting zoo! We went on an outing this month to Plant House to build our very own terrariums. The residents enjoyed picking out their own terrarium and filling it with succulents and decorations. Our creative sides for the summer shone this month – we made rainbow windsocks, painted wooden word signs, designed our own summer door hangers and decorated patriotic-themed wooden blocks. For Father’s Day, we hosted a soda float social and enjoyed a special live music performance by Carol Zureick. We also welcomed an introductory session for a new mini-series called “Culture Connect,” where a local high school student, Elise, is finding ways for our residents to learn about other cultures through movement, art, and more! June was full of lasting memories and we cannot wait to see what July has in store for us!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

A word from our Forever Fit Coordinator, Shirlena Hucks:

“When I was growing up in NYC, one fond memory I have is playing with the fire hydrants in the streets during summer, blasting out water. The fire hydrants were our own water park on the block. The sad part was always when someone would come from the fire department to shut them off. Basically, we weren’t supposed to do that, but it was fun. Not only that, but it was refreshing too. Hydration is very important, especially during the summer because when we sweat, we lose water. Sometimes perspiration is inevitable, especially when exposed to high temperatures. Make sure you get plenty of water in your system regularly. Dehydration can sneak up on you, and if you’re not careful it can cause urinary and kidney complications or even heat stroke in severe cases. Sometimes you may not feel thirsty, but try to keep water with you throughout the day. With all these fancy personal water bottles nowadays, staying hydrated can also be fashionable. There’s a cute song called “Drink Water and Mind My Business”, which is a good practice too. Although a little “tea” is not bad, water is best!”



# 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

- 1<sup>st</sup> – Lunch at South 21 Matthews
- 8<sup>th</sup> – Lunch at Olive Garden
- 15<sup>th</sup> – Lunch at 1900 Mexican Grill
- 22<sup>nd</sup> – Lunch at Pho Van Vietnamese
- 29<sup>th</sup> – Lunch at Crust Pizza

### Friday Outings

- 5<sup>th</sup> – Scenic Drive
- 12<sup>th</sup> – Target
- 19<sup>th</sup> – Mint Museum Randolph
- 26<sup>th</sup> – Marshall’s

### Errands

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

Please refer to the calendar for specific outing times.

## JULY SPECIAL EVENTS

# 8

Embroidery Arts Group

July 8<sup>th</sup> at 2:00 pm

Discover the intricate world of needle and thread with our newly formed embroidery arts group! Join fellow residents in exploring creativity through stitching, sharing stories, and crafting beautiful designs together.

# 11

Educational Seminar

July 11<sup>th</sup> at 3:30 pm

We will be hosting an educational seminar with guest speaker Lexi Lutz, who will be presenting on the topic of privacy and cyber security for seniors. All residents are welcome to attend.

# 15

Resident Council Meeting

July 15<sup>th</sup> at 2:00 pm

All residents are encouraged to attend our monthly Resident Council Meeting in the 1<sup>st</sup> floor Hobby Room to discuss happenings within the community. We hope to see you there this month.

# 23

Gorgeous Grandma Day

July 23<sup>rd</sup>

Join us in celebrating Gorgeous Grandma Day with a lineup of exciting events! Check your program calendars for all the details on how we'll be honoring the wisdom, beauty, and spirit of our gorgeous grandmothers here at Waltonwood Cotswold.



## EXECUTIVE DIRECTOR CORNER

As we leave another beautiful spring in our rearview, we have a lot of excitement ahead this summer at Waltonwood Cotswold! Summer months bring some of our favorite things; North Carolina sunshine and blue skies, with picnics in the park, music in the courtyard, and lovely scenic drives. We would love for you to join us! Check out our calendar of events and come along!

With summer fun of course comes the summer heat! I would like to encourage everyone to continue to drink water, and limit time in the sun. Our Resident Care, Culinary, and Life Enrichment teams will continue to offer hydration and monitor time spent in the sun. Our goal is safe and healthy fun in the community this summer.

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 July

July 2<sup>nd</sup> – Jan B.

July 7<sup>th</sup> – Tish P.

July 17<sup>th</sup> – Mary Ellen H.

July 19<sup>th</sup> – Elise G.

July 20<sup>th</sup> – Brenda K.

July 21<sup>st</sup> – Tom T.

July 22<sup>nd</sup> – Sabine B.

July 26<sup>th</sup> – Jerri B.

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

-Frank Lloyd Wright

- **Executive Director Roundtable** – *Meets Thursday, July 25<sup>th</sup> 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, July 15<sup>th</sup> 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, July 29<sup>th</sup> 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, July 31<sup>st</sup> 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!