

COTSWOLD CONNECT

JULY 2024

MEMORY CARE 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 is 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 16th. 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 30th.

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

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

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

During the month of June, we hosted many special events in the community, including our annual Camp Waltonwood intergenerational program! Residents invited their young family members to participate in a carnival-themed event. We had a great turnout with over 50 campers present. Everyone enjoyed classic fair food, carnival games, and of course, prizes!

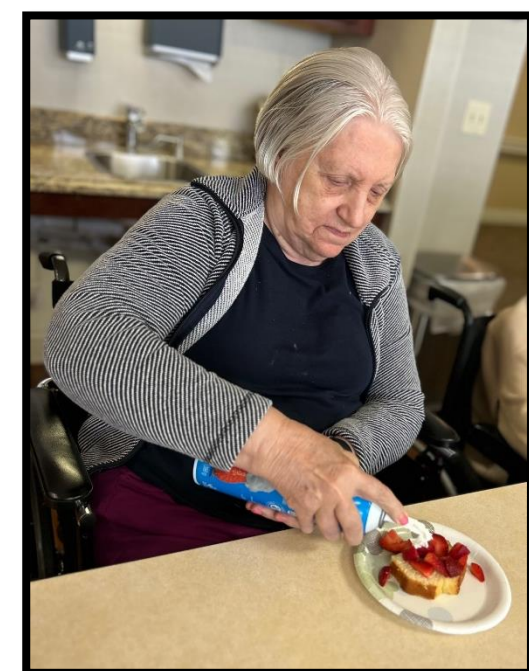
On June 16th we honored fathers, grandfathers, and father-figures at our Father’s Day brunch and celebrated with live music thanks for Carol Zureick. Residents also enjoyed a Mens’ Luncheon with Executive Director, Eric Davis, on June 13th.

Our community decorated a Juneteenth-themed board to celebrate the freedom of enslaved people throughout the United States. Staff members were also invited to wear Juneteenth colors in recognition of the holiday.

One June 21st we took time to honor The Longest Day with a Forget Me Not craft and themed happy hour in recognition of the fight against Alzheimer’s Disease that so many people are faced with each day.

Additionally, the residents enjoyed a variety of different outings this month including Krispy Kreme, Park Road Park, and a first time visit to Stevens Creek Nature Center. We also explored the Virgin Islands, Eastern Mediterranean, and Alaska from the comfort of our armchairs, adding three new stamps to our passports. We look forward to visiting more locations in Europe in July.

With the summer heat getting stronger, we cannot wait to see what July has in store for us!



THE IMPORTANCE OF HYDRATION

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 offsite outings throughout the week. Please refer to the calendar for the full schedule.

Here are our scheduled outings for the month!

- ❖ 11th – Outing to Dairy Queen
- ❖ 18th – Outing to Midwood Smokehouse
- ❖ 25th – Outing to Nothing Bundt Cakes



In addition to all these outings, Memory Care goes on scenic drives every Monday at 10:00am to explore the various sights and neighborhoods that Charlotte has to offer.

JULY SPECIAL EVENTS

4

Independence Day

8

**National
Blueberry Day**



23

Gorgeous Grandma Day

25

**Broadway Theme
Day**



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.

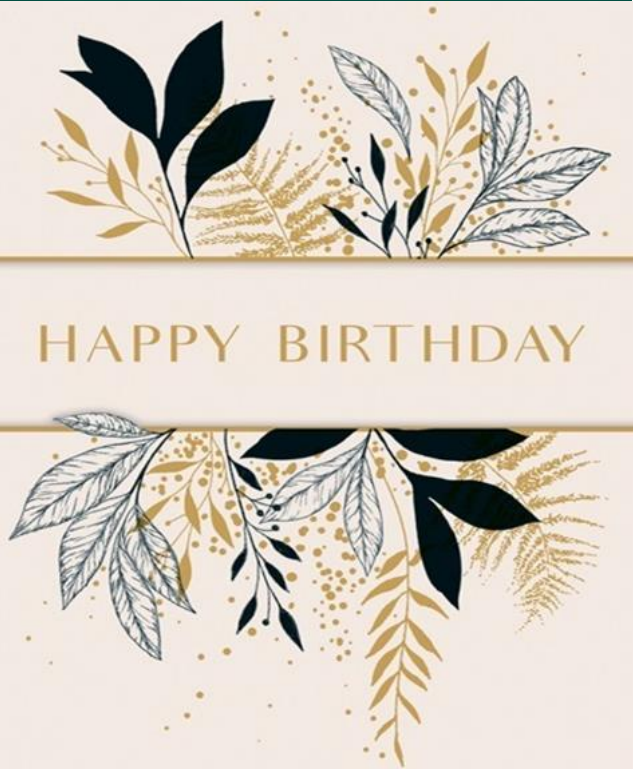
Eric Davis

Senior Executive Director

Celebrating Birthdays This Month

July 5th – Carol S.
 July 12th – Roma W.
 July 14th – Nancy E.
 July 30th – Joan K.

CAMP WALTONWOOD RECAP: A Night at the Carnival



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

\$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!