

COTSWOLD CONNECT

JANUARY 2025

MEMORY CARE EDITION



Redefining Retirement Living

SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

Facebook: /WaltonwoodCotswold



Cheers to the New Year!

Now that the holiday season has come to an end, it is time to start the New Year off strong. The New Year is a time for new beginnings, goal-setting and self-improvement. With January being National Hobby month, it is a great time to try something new. Whether you want to focus on getting into shape, joining a new club, meeting somebody new, or picking up a paint brush, we have a lot to offer throughout the month. Be sure to check out the monthly program calendar for a full list of offerings.

As we enter the New Year, we would like to remind all residents and families about our pet therapy visits. We have multiple pets who come in each week and love spreading love to our residents!

This year, in honor of Dolly Parton's birthday on January 19th, we will be hosting our very own "Waltonwood to Dollywood" theme day on Friday, January 17th! We would like to strongly encourage all residents to consider dressing up on January 17th in your favorite western wear – think boots, flannels, bandanas and rhinestones (which are Dolly's favorite).

In conjunction with our Waltonwood to Dollywood day, we will be kicking off a book drive to benefit one of the local Title I schools. The drive will run from the last week of January through mid-March. We will accept new books for children ages newborn to 12. We are supporting the mission of Dolly Parton's "Imagination Library," which she created in 1995 to provide children with books no matter their family's income.

-Your Waltonwood Family

COMMUNITY LEADERSHIP

Jeff Plummer
Regional Director of Operations

Christine Hames
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 McKinney
Wellness Coordinator

Christie Cunningham
Resident Care Manager

John Williams
Environmental Services Manager

ASSOCIATE SPOTLIGHT

TAWANDA MILLS-BAKER

Tawanda is a born and raised Charlottean! She enjoys living in Charlotte and being close to her family. She has six children and seven grandchildren who keep her busy when she is not working. Aside from hanging out with her family, she enjoys watching Lifetime movies, listening to old school R&B, and listening to Gospel music. She considers herself a laid-back person and is easy to be around. She also loves seafood and won't say no to an evening spent at the iconic Captain Steve's.

Professionally speaking, Tawanda has been a wonderful part of our Waltonwood Cotswold family since 2024. She has been working in senior living for about twenty years, splitting her time between housekeeping and resident care. She loves cleaning and it is her favorite part of her job, aside from interacting with the residents! She has a goal of one day opening her own cleaning business and taking on residential clients of her own.

We are so glad Tawanda joined us here last year, and look forward to a bright future with her!

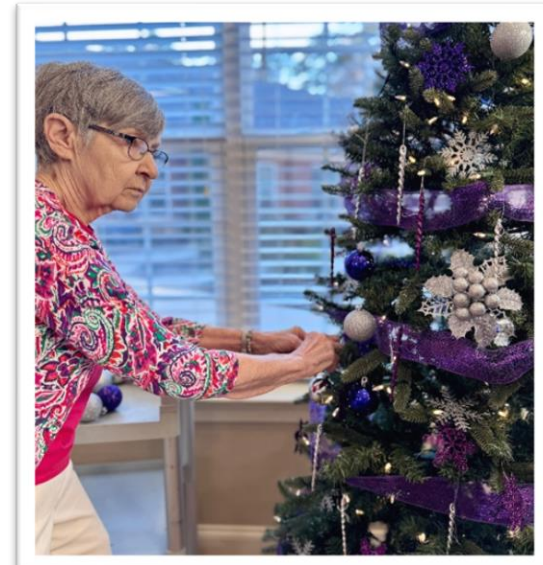
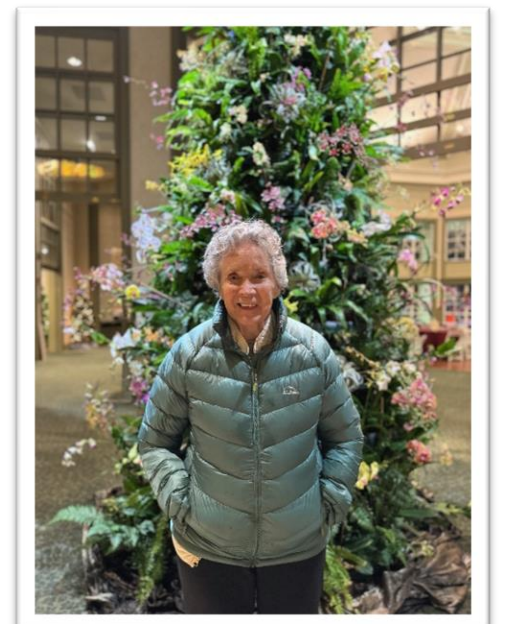


DECEMBER HIGHLIGHTS

December was a joyful and festive month here at Waltonwood as we came together to celebrate the holiday season. We kicked off the month by singing Christmas Carols, decorating holiday cookies, and going to see Christmas lights throughout the local Cotswold neighborhoods. Our residents indulged in many sweet treats this month including hot cocoa, holiday sangrias, and all things gingerbread. We got crafty by creating our very own snow globe suncatchers, pinecone Christmas trees, airdry clay snowmen, and a DIY Star of David.

We enjoyed many winter performances from Myers Park Traditional Elementary School, Myers Park High School, Patrick Hudson, Rick Cohan, Ethan Uslan, Steve Hilton, Mason Hull, and John Lewis. We went out to the movies to watch some classic films including White Christmas, It's A Wonderful Life, and Fiddler on the Roof. We even indulged in some dance performances, including The Nutcracker and the Radio City Christmas Spectacular.

Lastly, we celebrated 2024 coming to an end with our annual New Years Eve Social and Champagne Toast. We are excited to see all of the exciting things that 2025 has in store for us.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Grab a friend, tell a neighbor! Have you been coming to fitness classes and other programs alone? This is a great time to tell a friend or a neighbor about all the wonderful things you do to stay active; not so you can brag about your bingo prizes, fabulous beach-ready bodies, or all the interesting facts you learn during trivia, but because they can also reap the benefits of getting involved here at Waltonwood. Studies have shown that people who engage in activities with a friend are likely to be more motivated, stick to their commitment, have more fun, and support each other. If they give you excuses or have reservations about stepping out of their comfort zone, have them speak with the Forever Fit Coordinator or Life Enrichment team and we can point them in the right direction. Let's partner up this month!

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!

- ❖ 2nd – Outing to Caribou Coffee
- ❖ 9th – Outing to Providence Division Police Department
- ❖ 16th – Outing to Cracker Barrel
- ❖ 23rd – Outing to Mint Museum
- ❖ 30th – Outing to Midwood Smokehouse

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

JANUARY SPECIAL EVENTS

1

New Year's Day

17

Waltonwood to Dollywood Day

20

Martin Luther King Jr. Day

20

Family Luncheon with Live Music



EXECUTIVE DIRECTOR CORNER

Dear Residents and Family Members,

Happy New Year! As we ring in 2025, I can't help but feel grateful and honored to be the new Executive Director of Waltonwood Cotswold.

Senior living has been my passion and career for many years and I'm excited to continue my work and providing the highest quality of care and services to our residents and family members. For those of you who I've not had the opportunity to meet yet, I look forward to meeting you soon. Please feel free to stop by my office or give me a call if you have any questions or concerns. I can be reached at the main Waltonwood Cotswold community phone number (704-496-9310) or by email (Christine.Hames@singhmail.com).

Wishing you and yours a Happy and Healthy New Year!

Sincerely,

Christine Hames

Executive Director

Celebrating Birthdays This Month

January 2nd – Patricia J.

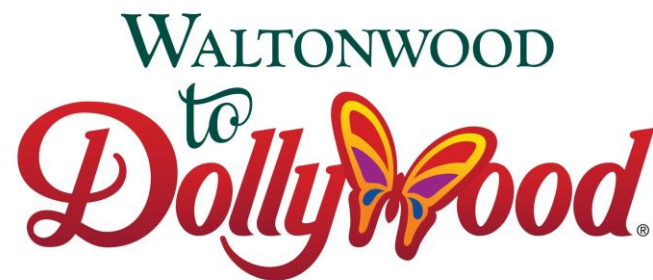
January 21st – Sonia W.



CHEF'S CORNER:

Please join us at our Memory Care Family Luncheon with Entertainment!

January 20th, 2025 at 11:30am



Our first annual Waltonwood to Dollywood Day will be held on January 17th, 2025! Please join us for a day full of Dolly Parton-themed programs, including a seated line dancing class taught by Donna and Craig from Live Love Line.

Dollywood is not affiliated with Waltonwood, nor has provided Waltonwood with any materials. All events throughout Waltonwood to Dollywood was created and implemented by Waltonwood with permission to use Dollywood in the title and the basis of the special events honoring Dolly Parton.

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 Sophia or Alexis 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!

IN-ROOM CHANNEL IS NOW AVAILABLE

Residents can now access the channel that displays on the hallway TVs in their apartments! This channel shows the daily programs, announcements, birthdays, outing information, photo highlights for the month, and more. Use your Spectrum TV remote to access the channel at any time.

CHANNEL 1394

“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!