

# COTSWOLD CONNECT

JANUARY 2025

ASSISTED LIVING EDITION



*Redefining Retirement Living*

**SINGH**

5215 Randolph Rd., Charlotte, NC 28211

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## 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. Additionally, as we enter the new year, we would like to update our list of residents who are receiving pet therapy visits. If you are not currently being visited by our therapy dogs and would like to be added to the list, please see Alexis or Aliyah and they will add you.

This year, in honor of Dolly Parton's birthday on January 19<sup>th</sup>, we will be hosting our very own "Waltonwood to Dollywood" theme day on Friday, January 17<sup>th</sup>! We will be offering

a number of Dolly-themed programs and events, including a Dolly Day Bingo, a Southern Charm luncheon, a Waltonwood to Dollywood Cocktail Hour featuring a Dolly-approved cocktail recipe, and a very special line dancing demonstration by Craig and Donna from Live, Love, Line. We would like to strongly encourage all residents to consider dressing up on January 17<sup>th</sup> 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

**Alexis Spencer**

Life Enrichment Manager

**Jaynie Segal**

Marketing Manager

**Sierra McKoy**

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 full of family, friends, and holiday cheer here at Waltonwood! This month was packed with exciting events in the community, including our annual holiday open house and resident holiday party. Both events featured delicious food, creative cocktails, and plenty of great company. We had multiple showings of holiday movies and holiday music performances throughout the month.

To celebrate Hanukkah, we hosted a group of third graders from Charlotte Jewish Day School for a special performance and game with the residents. We also took the residents to a Hanukkah party hosted by the Jewish Community Center. To get into the Christmas spirit, we went out to see Christmas lights at the Charlotte Motor Speedway and in the Cotswold area near the community.

Our residents made holiday door signs, terra cotta Christmas trees, stenciled rustic ornaments, and snowy mason jar tea lights to put on display for the month. Our Kindness Council participated in a monthly coupon cutting session for military families overseas, as well as a card-writing group to send holiday cards to active service members.

It was heartwarming to see the joy and camaraderie shared by everyone in our community. The festive atmosphere truly made this December one to remember, and we're looking forward to creating more wonderful memories in the new year!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Grab a Friend, Tell a Neighbor *by Shirlena Hucks, Forever Fit Coordinator*

Have you been coming to fitness classes and activities alone? Now is the perfect time to invite a friend or neighbor to join you! Share all the wonderful things you do to stay active—not to brag about your bingo prizes, your fabulous beach-ready body 😊, or the interesting facts you've learned during trivia, but to help them enjoy the same great benefits. Studies show that people who engage in activities with a friend are more likely to stay motivated, stick to their commitments, have more fun, and support one another. Already attending with a buddy? Spread the word to a neighbor! If they're hesitant or have reservations, encourage them to speak with the Forever Fit Coordinator or Life Enrichment team. We'll be happy to guide them in the right direction.

# 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

6<sup>th</sup> – Lunch at Thai House  
13<sup>th</sup> – Lunch at Southern Pecan  
20<sup>th</sup> – Lunch at Lebowski’s  
27<sup>th</sup> – Lunch at Bossy Beulah’s

## Friday Outings

3<sup>rd</sup> – Barnes and Noble  
10<sup>th</sup> – Target  
17<sup>th</sup> – Southern Charm Luncheon (no outing)  
24<sup>th</sup> – Marshall’s  
31<sup>st</sup> – Scenic Drive

## Errands

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

Please refer to the calendar for specific outing times.

# JANUARY SPECIAL EVENTS

## 3

New Resident Welcome Happy Hour

January 3<sup>rd</sup> at 3:30 pm

Join us on the first Friday of each month for a special happy hour as we welcome our new residents to the community! It’s a great opportunity to mingle and make new friends while enjoying great company and refreshments.

## 17

Waltonwood to Dollywood Day

January 17<sup>th</sup>

We are celebrating our first annual Waltonwood to Dollywood Day on Friday, January 17th! A full list of themed events can be found on the last page of the newsletter. We encourage residents to wear their favorite western wear on this day.

## 9

Sip and Paint with Shannon

January 9<sup>th</sup> at 6:00 pm

Unleash your creativity at our Sip and Paint event with Shannon! Join us for an evening of fun, art, and laughter as you enjoy your favorite beverage and create your own masterpiece—no experience needed!

## 20

Resident Council Meeting

January 20<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.



# 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.

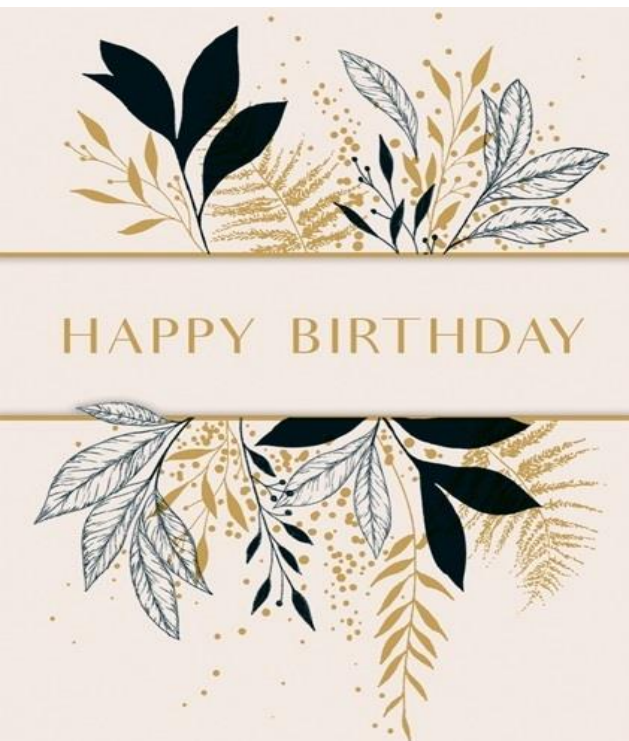
Senior living has been my passion and career for many years and I’m excited to continue my work and providing the highest quality of care and services to our residents and family members. For those of you who I’ve not had the opportunity to meet yet, I look forward to meeting you soon. Please feel free 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



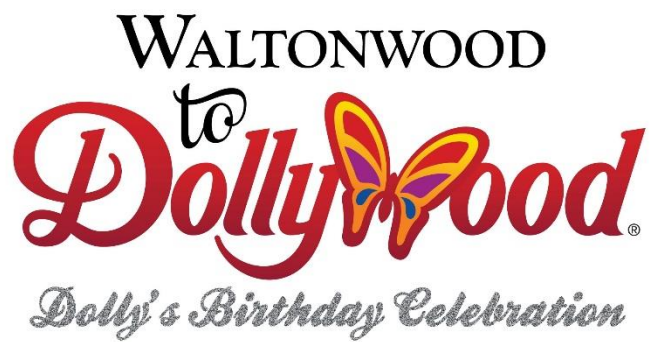
### Celebrating Birthdays in January

- January 2 – Eleanor T.
- January 9 – Pat S.
- January 12 – Elaine L.
- January 18 – Ann L.
- January 21 – Ilah K.
- January 24 – Donna D.
- January 25 – Virginia S.
- January 30 – Sarah L.

“The longer I live, the more beautiful life becomes.”  
-Frank Lloyd Wright

## LIFE ENRICHMENT BULLETIN

We are pleased that residents can now access the channel that displays in the hallways on their personal TVs. Use the Spectrum TV remote to turn to **channel 1394** to view daily programs, announcements, birthdays, outing information, photo highlights for the month, and more.



Please see the complete list of themed events for our first annual Waltonwood to Dollywood theme. As previously mentioned, we encourage all residents to dress in western wear on Friday, January 17<sup>th</sup>.

#### Monday, January 13<sup>th</sup>

- 10:30 am – Dolly Parton Documentary (T)
- 6:00 pm – Movie Night: 9 to 5 (T)

#### Tuesday, January 14<sup>th</sup>

- 2:00 pm – Movie Matinee: Steel Magnolias (T)

#### Thursday, January 16<sup>th</sup>

- 2:00 pm – Rhinestone Boot Canvas Craft (HR)

#### Saturday, January 18<sup>th</sup>

- 2:00 pm – Movie Matinee: Joyful Noise (T)

#### Friday, January 17<sup>th</sup>

- 10:30 am – Dolly Day Bingo (HR)
- 11:00 am – Southern Charm Luncheon (DR)
- 2:00 pm – Line Dancing Demonstration (LR)
- 3:30 pm – Waltonwood to Dollywood Cocktail Hour (DR)
- 6:00 pm – Movie Night: Unlikely Angel (T)

*T – Theater      HR – Hobby Room      DR- Dining Room      LR – Living Room*

*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.*

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!