

COTSWOLD CONNECT

APRIL 2025

ASSISTED LIVING EDITION



SINGH

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Hopping Into April

Spring is in full bloom here at Waltonwood Cotswold! The warmer days and budding flowers are a welcome sight, bringing fresh energy and cheerful spirits to our community. As we embrace the beauty of the season, we look forward to April's gentle rains, knowing they'll pave the way for a colorful and vibrant May.

As a reminder, we will host our Easter Luncheon on Friday, April 18th from 11:00 am until 1:00 pm in the dining room. There is a \$25 charge for adults and a \$12 charge for children attending the luncheon. Reservations must be made in advance by calling our concierge (704-496-9310). Please note, reservations cannot exceed four individuals (including the resident). Reservations will be accepted until

Monday, April 14th at 5:00 pm. Our culinary team is looking forward to serving you.

It's that time of the year again – make sure to mark your calendars for Camp Waltonwood! Our beloved annual intergenerational event is back, bringing together residents and children from their families or the local community for a night of fun and connection. This year's theme is All-Star Sports Camp, so join us on Friday, June 6th, from 6:00 pm to 8:00 pm for an exciting evening of sports-themed programs. Dinner will be served for all participants and their parents/guardians. Don't miss this special opportunity to create lasting memories across generations—save the date and stay tuned for more details!

-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

Desiree McElroy
Resident Care Manager

John Williams
Environmental Services Manager

ASSOCIATE SPOTLIGHT

SANDRA MARTINEZ

Sandra was born in El Salvador and moved to Maryland at 12, where she met her husband, Raul, and started their family. In 2007, they relocated to Charlotte and have been happily married for nearly 25 years. Best friends, they enjoy gardening—especially Sandra’s favorite roses—and even simple outings like trips to Home Depot.

Family is central to Sandra’s life. She recently celebrated her oldest son’s college graduation and his new role in the family business. Her second son is in college, her daughter is about to graduate high school, and her youngest is in middle school.

Sandra has a long history in healthcare. Originally aspiring to be a nurse, she began as a housekeeper in a Skilled Nursing Facility in Maryland before becoming a CNA. After moving to Charlotte, she resumed caregiving, earning her Medical Technician certification in 2016 at Sunrise on Providence, where she first worked with our former Executive Director, Eric. For the past four years, she has been a valued member of our Waltonwood family, and we’re so glad she’s here!



MARCH HIGHLIGHTS

March was a month of celebrations, creativity, and meaningful connections. We kicked off with Mardi Gras festivities, including a lively luncheon, mask-making, and a festive social with daiquiris, music, and laughter. St. Patrick’s Day brought an energetic dance performance by the Walsh Kelley School of Irish Dancing, a themed happy hour, and fun crafts like wooden blocks and leprechaun hats.

Residents explored their artistic side with marbled flower paintings, mosaic coasters, and cherry blossom trees using broccoli brushes in a special “Nature’s Paintbrush” session. Our community bonds grew as we celebrated Read Across America Day with children at Providence Baptist Child Development Center and welcomed the Myers Park Traditional Elementary Beta Club for music bingo and crafts.

Other highlights included a scenic drive ending with Ben & Jerry’s ice cream and our annual Taste of Waltonwood event, where guests experienced our hospitality and cuisine. March was filled with joy and creativity, and we look forward to another exciting month ahead!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Flexibility: Embracing a Limber Life *by Shirlena Hucks, Forever Fit Coordinator*

Flexibility is often associated with physical movement—touching our toes, bending down, or past athletic abilities. As we age, our bodies naturally lose some flexibility, sometimes due to injuries. However, mental limitations can be just as restrictive, making us believe we can no longer do certain things. While it's true that flexibility changes over time, it shouldn't stop us from trying. Stretching should be done slowly, without bouncing, and only after warming up. Consult a doctor, physical therapist, or fitness instructor for safe techniques suited to your body and lifestyle. Embracing flexibility can help prevent injuries and improve overall well-being. It’s never too late—start stretching today!

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 share that transportation for doctor’s appointments is available on Tuesdays and Wednesdays between 9:00 AM and 4:00 PM. Please submit your requests by 5:00 PM on the Friday prior to the following week. We understand that transportation is important to our residents, but advance notice is necessary to ensure the best service for everyone. If you need transportation on short notice, please contact Jeanette Peterson (704-712-5804) or Alexis Spencer (704-496-9310) to see if your request can be accommodated.

Monday Outings: PF Chang’s, Olive Garden, Leroy Fox, Park Place Restaurant

Friday Outings: Target, Scenic Drive, Caribou Coffee, Picnic at Park Road Park

Please refer to the calendar for specific outing dates and times.

Errands: If you need transportation for an errand (pharmacy, store, bank, etc.) please contact Jeanette by phone (704-712-5804) and she will schedule your errand based on her availability for the week. Errands are completed on a first-come, first-served basis.

APRIL SPECIAL EVENTS

10	16
Sip and Paint with Shannon	Waltonwood Cotswold’s Culture Tour Event
April 10 th at 6:00 pm	April 16 th at 2:00 pm
21	24
Resident Council Meeting	Dinner Outing to Maggiano’s
April 21 st at 2:00 pm	April 24 th at 4:00 pm



EXECUTIVE DIRECTOR CORNER

Dear Residents and Family Members,

Spring has sprung and we couldn’t be more excited. We are working hard on getting the community ready for warmer weather, including getting the fountains up and running, cleaning up the courtyards, and picking up leaves left over from last fall. We will also be putting the umbrellas out on the tables. In some cases, we will be deciding on purchasing some new outdoor furniture. We have several exciting events planned this month, including our Easter Luncheon on Friday, April 18th from 11:00 am – 1:00 pm. This is a wonderful opportunity for residents and family members to gather and enjoy the talents of Leo and his amazing culinary team. Please RSVP by calling us at 704-496-9310 as soon as possible to reserve your table. Lastly, if there are any residents or family members who would like to get periodic updates from the community, please leave your email address at the front desk and we will add you to our distribution list. This is one of the ways we try and keep residents and families informed. As always, my door is always open for you, so please don’t hesitate to reach out if you have any questions or concerns.

Sincerely,

Christine Hames, Executive Director



Celebrating Birthdays in April

3rd – Mary B.

12th – Barbara B.

19th – Sybille T.

21st – Patsy D.

LIFE ENRICHMENT BULLETIN

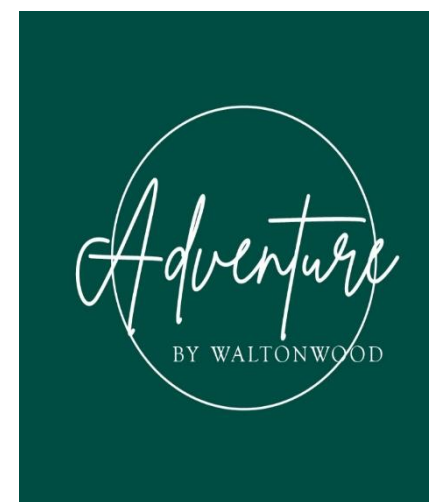
Residents can access the channel that displays in the hallways on their personal TVs. Use the Spectrum TV remote to turn to **channel 1394** to view daily programs, announcements, birthdays, outing information, photo highlights for the month, and more.

Additionally, 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.

- **Executive Director Roundtable** – *Meets Wednesday, April 2nd at 10:30 am in the Hobby Room*
 - Our Executive Director, Christine Hames, 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, April 21st at 2:00 pm in the Theater*
 - 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, April 28th 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.

March Adventure Highlight:

Donna's love for curling came full circle on a special Waltonwood Adventure. A lifelong curler, she still proudly displays her curling rock, and this past week, she had the chance to revisit the sport she cherishes. Joined by her sister, daughter, and son-in-law, Donna spent the afternoon at the Charlotte Curling Club watching the mixed doubles league in action. Over pizza and beer, the family shared memories of her time on the ice, and to top it all off, Donna picked out a special item from the pro shop. It was a wonderful day filled with laughter, nostalgia, and the spirit of the game.



“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!