

April 2025

# COTSWOLD CONNECT

APRIL 2025

MEMORY CARE EDITION



SINGH

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Facebook: /WaltonwoodCotswold



## 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 at 11:30am 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 14<sup>th</sup> 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

Sophia Yescott  
Life Enrichment Manager

Jaynie Segal  
Marketing Manager

Tiffany McKinney  
Wellness Coordinator

Desiree McElroy  
Resident Care Manager

John Williams  
Environmental Services Manager



# ASSOCIATE SPOTLIGHT

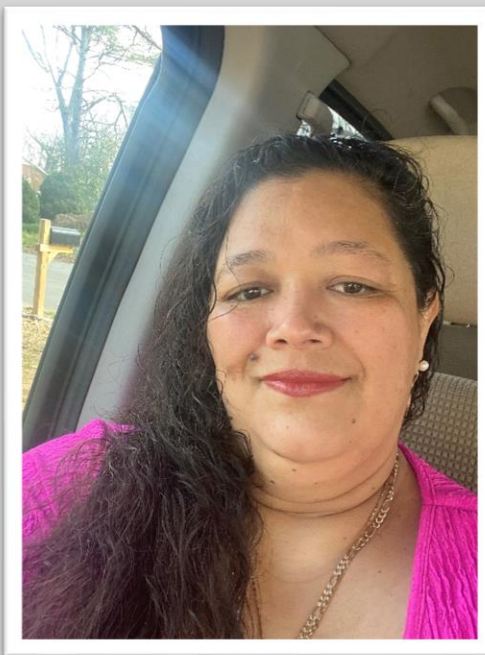
## SANDRA MARTINEZ

Sandra was born in El Salvador, but moved to Maryland when she was 12 years old. She met her husband, Raul, in Maryland and started her family there! In 2007, they moved to Charlotte. Sandra and Raul have been happily married going on 25 years. Sandra and Raul are best friends and they enjoy spending time together doing anything, even going to Home Depot! They also enjoy keeping a garden together in which Sandra has many of her favorite flowers, roses.

Family is important to Sandra, and she is excited to have witnessed her oldest son recently graduate college and begin working for the family business alongside Raul. Her second son is also in college, and her daughter is about to graduate high school! Finally, her youngest is in middle school looking forward to high school in a couple of years.

Professionally, Sandra has been working in healthcare for many years. She has always had an interest in nursing, which she wanted to pursue after high school. She went on to work as a housekeeper in a Skilled Nursing Facility in Maryland where she was later given the opportunity to become a CNA. She appreciates her experience at that facility because she learned a lot.

Upon moving to Charlotte, she took a break from caregiving until she got certified by the state of North Carolina. She eventually became a Medical Technician in 2016 at Sunrise on Providence where she first met and worked with our previous Executive Director, Eric! She has since been a wonderful part of our Waltonwood Family for four years. We are so glad she's here!



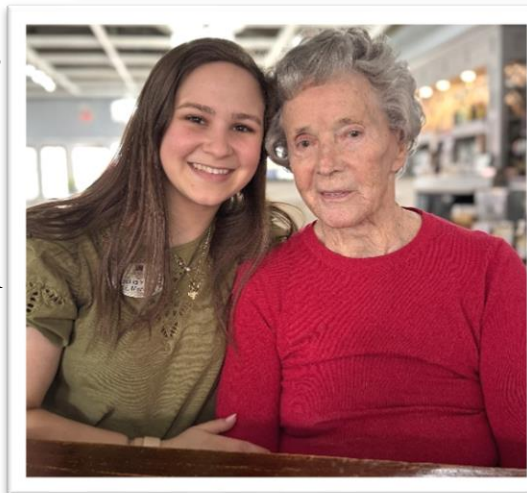
## MARCH HIGHLIGHTS

In March we enjoyed celebrating Women’s History Month, Mardi Gras, Read Across America Day, Purim, St. Paddy’s Day, and March Madness! It was a month full of fun and sunshine. We loved getting outside in the warm air, and we look forward to doing much more of that in April.

Our courtyard is coming to life as the fountain is turned on, the seat cushions have come out, and we’ve gotten our green thumbs ready for another season of planting.

This past month we also delighted in live performances brought to us by Steve Hilton, Patrick Hudson, David Jennings, Jim Ruth, Ethan Uslan, John Lewis, and the Walsh Kelley School of Irish Dancing! We certainly had a blast celebrating St. Patrick’s Day with the Walsh Kelley School and their phenomenal dancers.

We are excited to see all that April has in store for us.



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

*Here are our scheduled outings for the month!*

- ❖ 3<sup>rd</sup> – Outing to Park Road Park
- ❖ 10<sup>th</sup> – Outing to Beyond Amazing Donuts
- ❖ 17<sup>th</sup> – Outing to Park Road Park
- ❖ 24<sup>th</sup> – Outing to Tropical Smoothie Cafe

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.



## SPECIAL EVENTS

1	13
April Fools' Day	Passover
20	22
Easter	Earth Day



## 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



April 2025

## Celebrating Birthdays This Month



HAPPY BIRTHDAY



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

-Frank Lloyd Wright

## 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**

## 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!



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!