

# COTSWOLD CONNECT

JUNE 2025

ASSISTED LIVING EDITION



*Redefining Retirement Living*

**SINGH**

5215 Randolph Rd., Charlotte, NC 28211

[www.waltonwood.com](http://www.waltonwood.com) | 704-496-9310

Facebook: /WaltonwoodCotswold



## We've Got Sunshine On Our Minds

The sun is out, the school year is coming to an end, and we've got a fun-filled month coming your way. With the first day of summer on the horizon and the temperatures rising, we'd like to remind everyone to continue drinking water and wearing sunscreen and hats when you visit the courtyard and other outdoor areas.

As a reminder, on Friday, June 6<sup>th</sup>, we will be hosting a special intergenerational program called Camp Waltonwood throughout the community. There will be a variety of special sports-themed stations in the living room and in front of the building between 6:00 pm and 8:00 pm. Residents are invited to participate in this event or volunteer for the event if they wish.

Any special children in our residents' lives can attend this event with an adult present for the duration. This event is primarily geared towards children aged 12 and under. If you would like to RSVP for this event, please call our concierge at 704-496-9310 by June 4<sup>th</sup>, as spaces are limited. Dinner will be served for all participants and their parents or guardians. Don't miss this special opportunity to create lasting memories across generations!

June brings longer days, warmer weather, and the perfect chance to relax, connect, and make memories. We hope your month is filled with joy and sunshine!

-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

### CALEB HOOD

Caleb is from Monroe, NC, and has lived in Monroe and Charlotte his whole life. He's the third of six children, with 3 sisters and 2 brothers. His first nephew was born last year, and he has a niece on the way—he's excited to spoil them during the holidays! Caleb loves to travel and dreams of moving to California, his favorite destination so far. He's also explored much of the Bahamas and loves the beaches there. His hobbies include cooking and baking—he'll cook anything, but especially loves salmon, and enjoys baking cakes and cupcakes, which he used to sell. Caleb also enjoys making creative drinks, and while not a mixologist, he's confident in his concoctions.

Professionally, Caleb has worked in senior care for over seven years, starting as a caregiver, then a med tech, and recently became a mentor. He's in nursing school and plans to pursue that career after graduating. His coworkers at Waltonwood describe him as a team player and say they miss him when he's not scheduled. Residents love him too and consider him a favorite—we're certainly glad to have him at Waltonwood Cotswold!



## MAY HIGHLIGHTS

May was a lively month filled with joy, creativity, and connection. We kicked things off with a festive Cinco de Mayo celebration featuring themed food, a spelling bee, and margaritas. Residents embraced their artistic side through painting, ceramics, and floral crafts.

Special outings and performances brought extra cheer, from cheering on the Charlotte Knights to enjoying concerts by the Charlotte Flute Choir and students from Myers Park Elementary. We also relaunched our Men's Luncheon, rekindling friendships over good food.

Mother's Day was celebrated with a heartfelt tea party, and our Senior Prom was a seasonal highlight—complete with a special luncheon, dancing, and live entertainment.

Wellness took center stage on National Senior Health and Fitness Day with activities including a Fit Skit performance, a healthy eating seminar, yoga, and a scenic walk in Freedom Park. We closed the month with a meaningful Memorial Day Luncheon, honoring those who served.

From celebration to reflection, May was a beautiful blend of community, creativity, and care. We're excited for what summer holds!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### Proper Posture

Many seniors experience age-related changes in posture due to common factors like bone loss, disk shrinkage, and muscle weakening. Fortunately, small lifestyle adjustments can help improve—and sometimes even reverse—these effects. If you're noticing symptoms of poor posture, consider these tips to support better movement and overall well-being: engage in regular exercise that targets core muscles, including the abdominals, lower back, hips, and pelvis; talk to your doctor about calcium and vitamin D supplements to support bone health; and practice better posture throughout the day. If you use a walker, ensure it's set to the proper height to avoid hunching, and if you sit for long periods, take regular breaks to stand and move. A more mindful approach to daily habits can make a significant difference in how you feel and function.



# 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 3:30 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:** Showmars, Eddie’s Place, Crust Pizza, Trio, Midwood Smokehouse

**Friday Outings:** Scenic Drive, Target, Charlotte Historical Shuttle Bus Tour, Barnes and Noble

*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.

## JUNE SPECIAL EVENTS

6

Camp Waltonwood  
June 6<sup>th</sup> from 6:00-8:00 pm

15

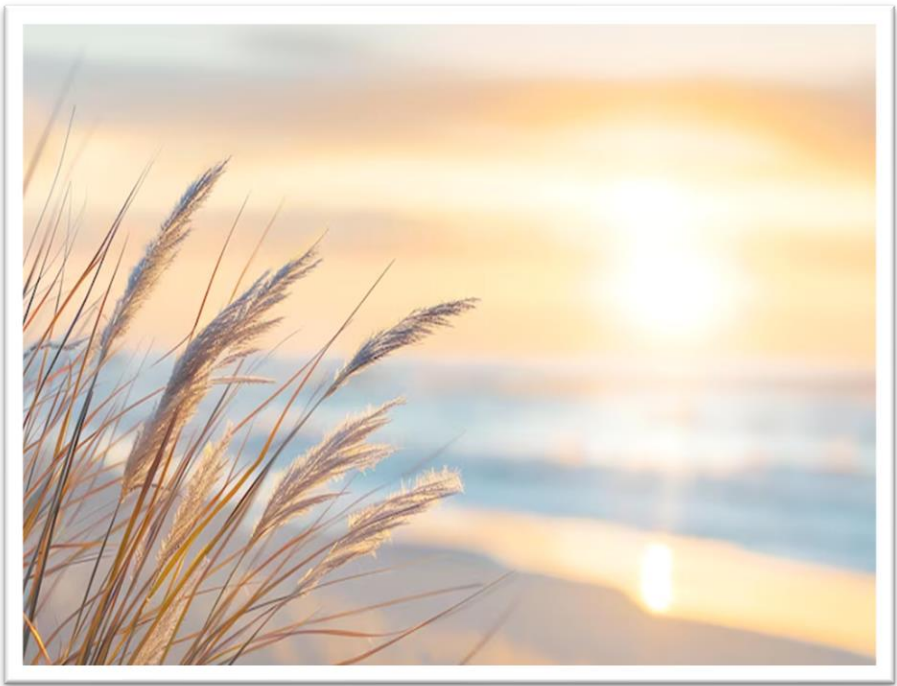
Father’s Day Soda Float Social  
June 15<sup>th</sup> at 2:00 pm

16

Resident Council Meeting  
June 16<sup>th</sup> at 2:00 pm

26

Dinner Outing to Tap & Vine  
June 26<sup>th</sup> at 4:00 pm



## EXECUTIVE DIRECTOR CORNER

Dear Residents and Family Members,

Warmer weather and flower blossoms are upon us, and I am thankful for this season and the exciting events we have planned this month, including Camp Waltonwood and National CNA Week.

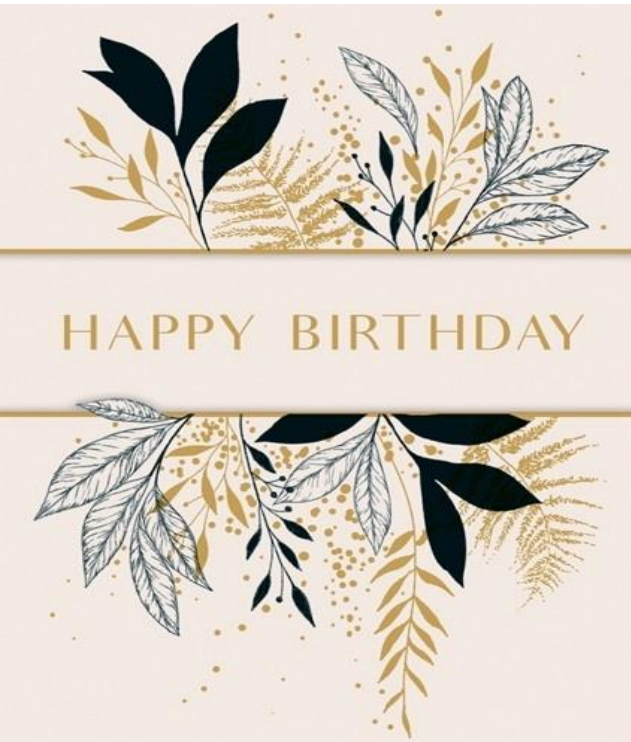
Camp Waltonwood is an annual, intergenerational community event that began in 2018 as a way to provide our residents the opportunity to invite their grand-children and great-grandchildren to experience life at Waltonwood. This event is open to all current residents, associates, their children/grandchildren/great-grandchildren ages 3-12 and their guardians, and it’s held at all Waltonwood communities located across Michigan, North Carolina, and Virginia. Please join us for this engaging, supportive, and fun-filled event on Friday, June 6<sup>th</sup> from 6-8pm.

June 9<sup>th</sup>-13<sup>th</sup> is National CNA week and we are so excited to celebrate our caregivers and thank them for their servant hearts.

Please share your appreciation with them when you see them. We will be celebrating them each day of the week.

I am so thankful for each and every one of you and I am honored to lead this community.

Christine Hames,  
Executive Director



### Celebrating Birthdays in June

- 1<sup>st</sup> – Brenda B.
- 4<sup>th</sup> – Avery A.
- 6<sup>th</sup> – Kay L.
- 9<sup>th</sup> – Barbara R.
- 11<sup>th</sup> – Leonard H.
- 13<sup>th</sup> – Linda L.
- 13<sup>th</sup> – Becky H.
- 17<sup>th</sup> – Marti H.
- 19<sup>th</sup> – Cindy M.

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

-Frank Lloyd Wright

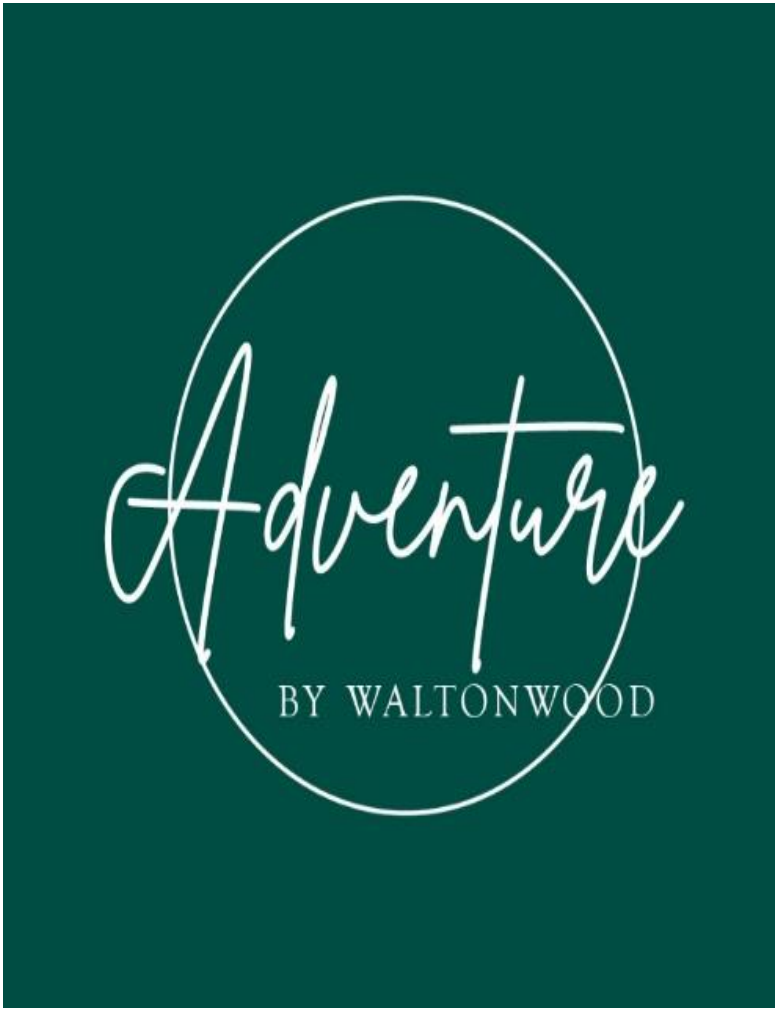
## LIFE ENRICHMENT BULLETIN

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 Thursday, June 5<sup>th</sup> 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, June 16<sup>th</sup> 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.
- **Book Club** – *Meets Monday, June 30<sup>th</sup> 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.
- **Culinary Council** – *Meets Wednesday, June 25<sup>th</sup> at 10:30 am in the Café*
  - Our Culinary Services Manager, Leo Ferreira, hosts a monthly meeting to answer questions related to the culinary department and announce the menu for the upcoming month.

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!



## \$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!