

June 2025

# COTSWOLD CONNECT

JUNE 2025

MEMORY CARE EDITION



SINGH

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## 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

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

### CALEB HOOD

Caleb is from Monroe, NC, and has lived in Monroe and Charlotte throughout his entire life. He is the third born of six children; he has 3 sisters and 2 brothers. His first nephew was born last year, and he has a niece on the way! He is looking forward to spoiling them during the holidays at the end of the year.

Caleb loves to travel, and dreams of one day moving to California, which has been his favorite destination so far. He also has explored much of the Bahamas and loves the beaches there. Other hobbies of Caleb's are cooking and baking. He will cook any and everything, and enjoys eating good food, especially salmon. His favorite baked goods to make are cakes and cupcakes, which he used to sell! Caleb appreciates a good drink, too. While he does not claim to be a mixologist, he is confident that he can whip

up some creative concoctions that taste good.

Professionally, Caleb has been working in senior care for over seven years, starting as a caregiver and eventually becoming a med. tech, and just recently getting promoted to a mentor position. He is in nursing school and plans to pursue that career once he graduates. His Waltonwood coworkers have commented that Caleb is a team player and that they miss him when he's not scheduled. His residents also commented on how much they love Caleb and consider him a favorite! We are certainly glad to have him here at Waltonwood Cotswold.



## MAY HIGHLIGHTS

Without a doubt, it is safe to say that May was “a-MAY-zing” here at Waltonwood Cotswold. We celebrated great holidays such as Cinco De Mayo, Mother's Day, and Memorial Day. With that said, the weather greeted us nicely, allowing residents to enjoy the courtyard garden and soak up lots of sunshine. Not only that, the sun provided our beautiful gardens with what they need to continue to grow healthily.

We also took a trip to the Charlotte Knights Baseball Game, and we hosted our first Waltonwood Prom Beauty Makeover, which was an extreme success. We learned a lot as we traveled via armchair to Mexico, Scotland, England, and Sicily.

Furthermore, we were delighted with live musicians such as Ethan Uslan, Xavier Musique, Kylie Kulwicki, Carol Zureick, Patrick Hudson, and Tracey Bentley.

Our outings for May included two trips to Park Road Park, Tropical Smoothie Café, Krispy Kreme Doughnuts, and of course the Charlotte Knights game. This sums up our exciting and fantastic May days. We look forward to June!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Good posture is important because as we mature into our golden years, we naturally begin to lose bone and muscle strength. When we practice regular exercise and activities that keep us moving, we maintain strength, balance, and flexibility. Although we may not be able to stop the natural degenerative changes, we can certainly increase our overall well-being. We can even delay some of the effects of muscle and bone loss. When we become sedentary, we don't give our bodies a chance to work effectively and we don't have adequate support. Eventually we get lazy, weak, and stiff. You don't need to give up your comfort, but be aware and counterbalance it with conscious efforts to maintain good posture and core strength.



# 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!*

- ❖ 5<sup>th</sup> – Outing to Famous Toastery
- ❖ 12<sup>th</sup> – Outing to Freedom Park
- ❖ 19<sup>th</sup> – Outing to Your Mom’s Donuts
- ❖ 26<sup>th</sup> – 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.

## SPECIAL EVENTS

6

Camp Waltonwood

15

Father’s Day

9-13

National CNA Week

20

First Day of Summer



## 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



June 2025

## Celebrating Birthdays This Month

June 6<sup>th</sup> – Jeanette R.

June 13<sup>th</sup> – Linda L.

June 21<sup>st</sup> – Marjorie C.

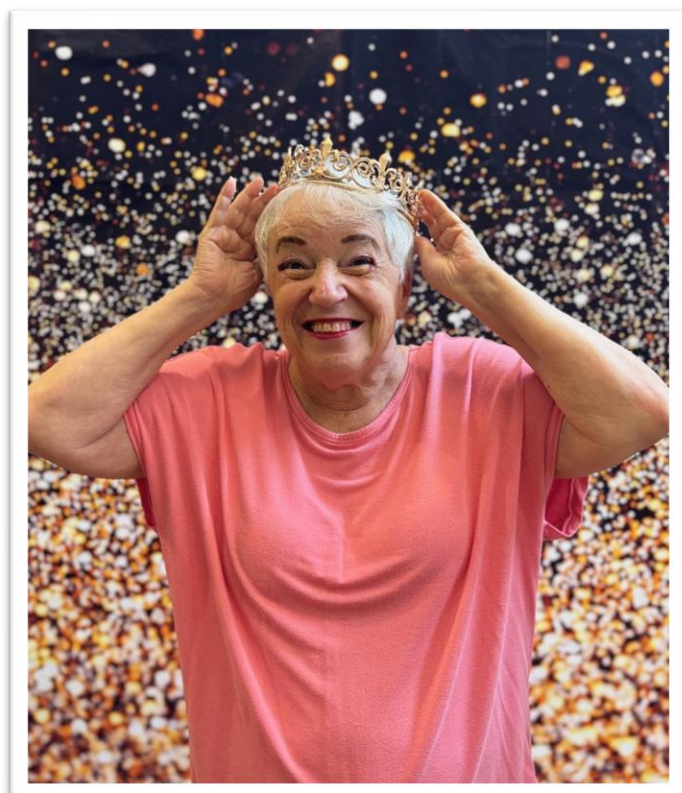
June 22<sup>nd</sup> – Judy B.



**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!

“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!