

# COTSWOLD CONNECT

SEPTEMBER 2025

ASSISTED LIVING EDITION



*Redefining Retirement Living*

**SINGH**

5215 Randolph Rd., Charlotte, NC 28211

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## Make It a September to Remember

September ushers in a season of change, as the warmth of summer begins to yield to the crispness of autumn. It's a time to savor the lingering moments of sunshine while welcoming the refreshing coolness of fall. This month offers a perfect blend of reflection and renewal, inviting you to appreciate the beauty of the shifting seasons. Embrace September as a chance to reconnect with loved ones, enjoy the vibrant colors of nature, and create new memories as the year transitions into its final chapters. Cherish each day as the world around us prepares for the peaceful embrace of autumn.

We wanted to extend our gratitude to everyone who participated in our humane

society donations drive over the summer. Your generosity and support have made a significant impact, helping so many animals at the Humane Society of Charlotte. We couldn't have done it without you!

We wanted to remind everyone that there is an app that can stream our Life Enrichment Community TV Channel! This app will show you the same information that is displayed on our TV screens in the hallways within the community. The app can be downloaded by any resident, family member or guest and is available on iPhone and Android devices. The instructions can be printed or sent to your email address by Alexis or Sophia in Life Enrichment.

-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 PILLA NUNEZ

Sandra was born and raised in Ecuador by her loving grandmother. Before living in Charlotte, Sandra lived in New Jersey. She enjoyed being close to her extended family who live in New York but is enjoying life in Charlotte. Sandra is a loving mother to three little boys, two of which are twins! They keep her busy, and she loves any and all time spent with them and her husband. Together, they love to play soccer and hide and seek, of course. Sandra loves to work, and she especially loves working in the Senior Living Industry. Being so close with her grandmother gave her a heart for seniors. Now, she wants to pursue professional development within the Senior Living industry, though she was a chef back home. She hopes to one day become a Medical Technician as she focuses on learning more of the English language. Though she is no longer a chef by trade, Sandra still loves to cook at home. Her favorite dish to cook is an authentic Ecuadorian meal called Encebollado de Pescado. This is essentially a fish and broth dish cooked with onions, tomatoes, lime juice, herbs, and some other key ingredients. It's her favorite for reason! Lastly, it is important to Sandra that people know that she is friendly, she likes to laugh, she's a good friend, and is trustworthy. We are so glad to call Sandra a member of our Waltonwood Family!



## AUGUST HIGHLIGHTS

August was filled with kindness, creativity, and joyful connections for our residents! The month began with meaningful projects from our Kindness Council, who assembled thoughtful gift bags for the Humane Society of Charlotte's volunteers and crafted cozy fleece tie blankets for both dogs and cats in need. Our creativity continued with summer-perfect watermelon-themed crafts, including hand-painted wine bottles and cheerful canvas art.

A special highlight was our lively Raksha Bandhan celebration with the Kids Dream Too Foundation—an afternoon of music, dancing, laughter, and delicious food that brought everyone together. Residents also enjoyed a sweet treat at our ice cream bar social, and we kept the fun going with a variety of exciting outings to restaurants and destinations around Charlotte. To top it all off, we were thrilled to bring back our much-loved Men's Luncheon, giving our gentlemen a chance to enjoy great food and even better conversation.

From giving back and celebrating culture to exploring the city and reconnecting with traditions, August was truly a month full of heart and happiness!



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Fall Prevention by *Shirlena Hucks, Forever Fit Coordinator*

Not only is September the beginning of the fall season, but it is also Fall Prevention Awareness Month. Fall prevention is important all year round. One of the best ways to reduce the risk of injuries is by strengthening bones and muscles. Even small changes can make a big difference. Participating in strength training or other fitness classes at least twice a week can safely improve balance and boost mental sharpness.

It's also important to get adequate rest and maintain a balanced diet, since some falls are caused by fatigue from lack of sleep or weakness from poor nutrition. Start thinking about the steps you can take to reduce your chances of falling. Consider joining fitness classes or working one-on-one with a trainer. It's never too late to begin a routine that will have lasting benefits.



# 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:** Olive Garden, Viva Chicken, Cabo’s Mexican Cantina, McAlister’s Deli

**Friday Outings:** Dollar Tree, Outing to the Movies, Target, Picnic Outing to 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.

## SEPTEMBER SPECIAL EVENTS

4

Culture Connect and Sip and Paint with Shannon

September 4<sup>th</sup> at 3:30 pm and 6:00 pm

10

Live Animal Exhibition with Exotic Encounters

September 10<sup>th</sup> at 2:00 pm

15

Resident Council Meeting

September 15<sup>th</sup> at 2:00 pm

22

Celebrating Rosh Hashanah

September 22<sup>nd</sup> at 2:30 pm



## EXECUTIVE DIRECTOR CORNER

Dear Residents,

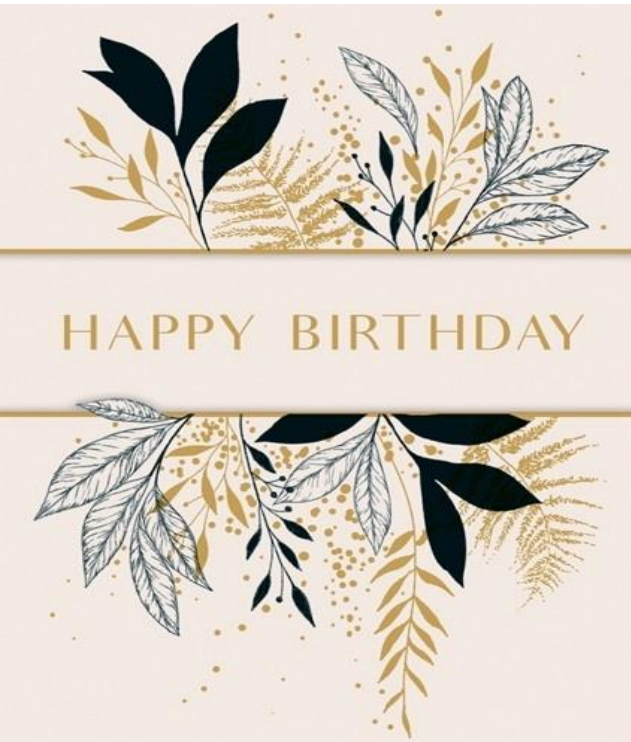
As we move into the fall and winter months, cold and flu season is right around the corner. While this time of year brings cozy sweaters, festive gatherings, and cooler weather, it’s also important to take a few extra steps to protect your health and well-being. A few quick reminders:

- Wash your hands often or use sanitizer.
- Cover coughs and sneezes with a tissue or your elbow.
- Avoid close contact with anyone who isn’t feeling well.
- Stay hydrated and eat well to boost your immune system.
  - Get your flu shot if you haven’t already.
  - Let staff know right away if you feel sick.

By taking these simple steps, we can all help keep our community safe and healthy this season!

Stay well,

Christine Hames, Executive Director



Celebrating Birthdays in  
September

- 4th – Larry H.
- 5th – Norma C.
- 7th – Dede D.
- 8th – Susan T.
- 11<sup>th</sup> – Margaret C.
- 14<sup>th</sup> – Marie H.
- 16th – Harriet O.
- 18th – Phyllis P.
- 21st – Patricia M.
- 27th – Susan N.
- 28<sup>th</sup> – Tom Z.

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

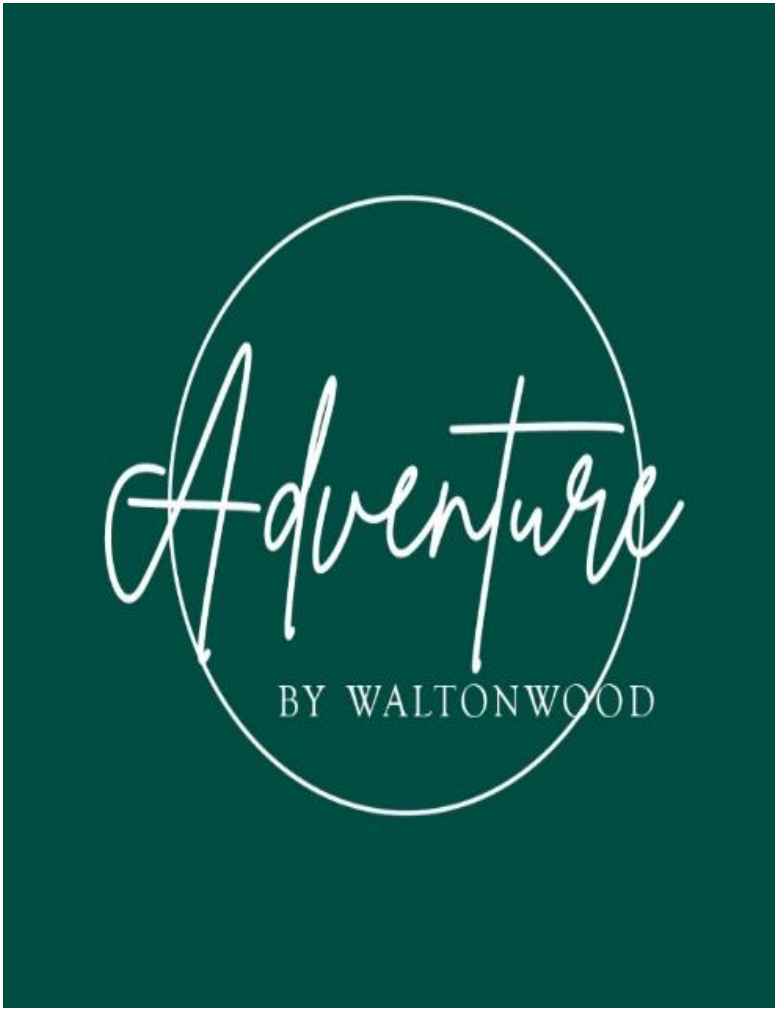
-Frank Lloyd Wright

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 Tuesday, September 2<sup>nd</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, September 15<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, September 29<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, September 24<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!