

September 2025

COTSWOLD CONNECT

SEPTEMBER 2025

MEMORY CARE EDITION



Redefining Retirement Living

SINGH

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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

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 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.

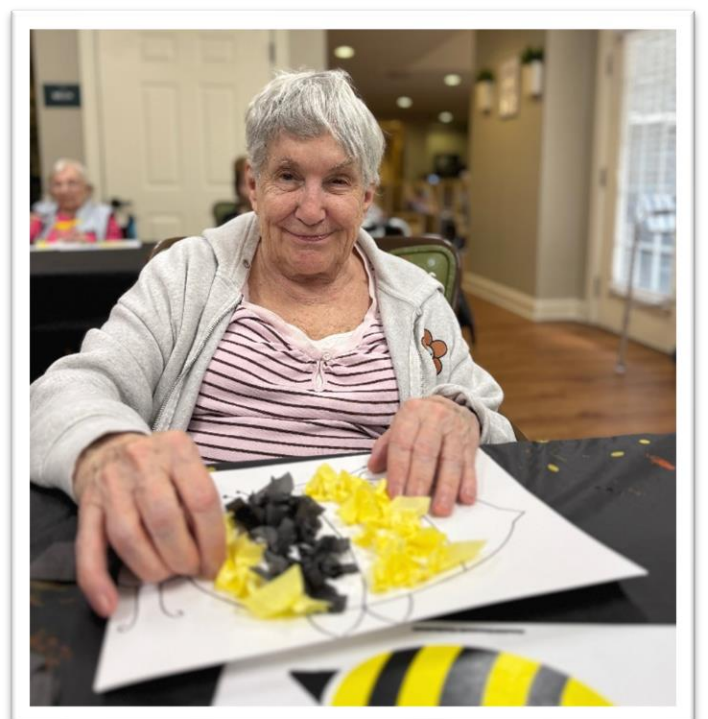
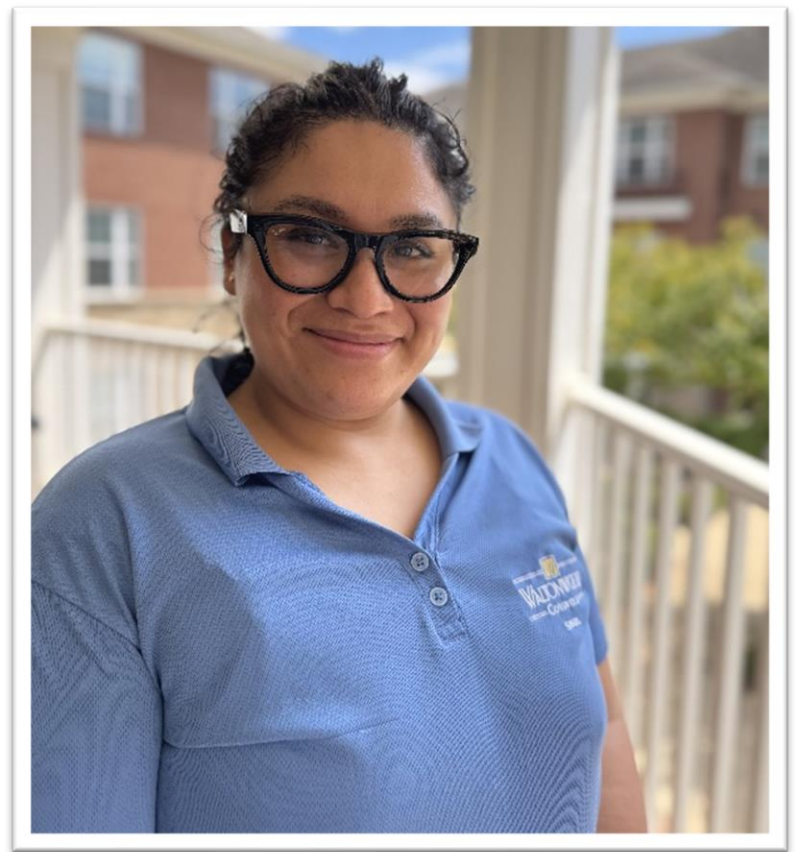
Sandra is a loving mother to three little boys, two of which are twins! They keep her busy, and she loves any and all time spent with them and her husband. Together, they love to play soccer and hide and seek, of course.

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 by *Shaniece Davis*, *LE Assistant*

This past month was a lot like a see-saw! August swooped in with unbelievable temperatures in the sixties and seventies on the fifth of the month, and then back up to the high nineties around August seventeenth. A very unexpected decline in temperature for August, but also very appreciated after experiencing close to one-hundred-degree days in July.

Our Armchair travel destinations were pretty neat this month as we traveled to Boone, NC Jamaica, Scottsdale, AZ, and Laurel Highlands, PA. The residents also got in the kitchen and made cookies, banana bread, berry smoothies, and homemade granola bars.

We were also fortunate to venture on our outings to CoPain Bakery and Provisions for a sweet treat, Mama Ricotta's for an Italian lunch, and Krispy Kreme for some tasty doughnuts, yummy!

Additionally, residents have been enjoying Sundays spent with special guest Minister Ree, and a recent Saturday with our guest Jillian, who hosted a cardio drumming class.

Lastly, we had an awesome selection of live performers to entertain us with some amazing music therapy including Kylie Kulwicki, Jim Ruth, Carol Zureick, Ethan Uslan, Patrick Hudson, Xavier Musique, and John Lewis.

To wrap up, it is with great pleasure that I must say August has earned an A+ in our books!

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

Here are our scheduled outings for the month!

- ❖ Setpember 4th - Stevens Creek Nature Center
- ❖ September 11th – Starbucks
- ❖ September 18th – Olive Garden
- ❖ September 25th – Park Road Park



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

17

Labor Day

7
Assisted Living Week begins

15
National Hispanic Heritage
Month begins

26
Oktoberfest Happy Hour



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!

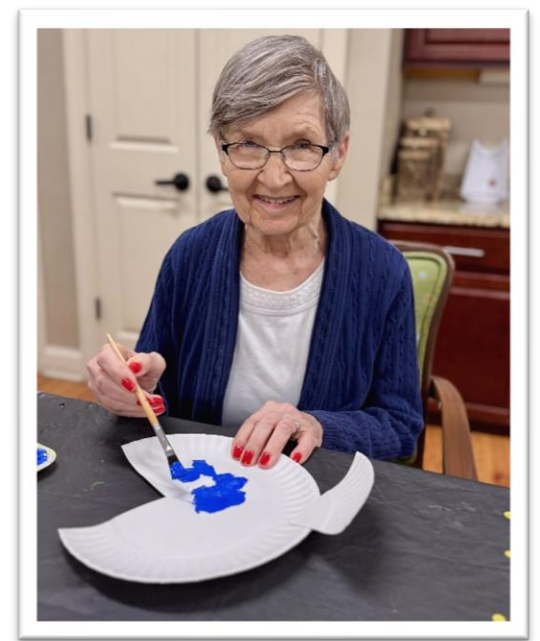
Stay well,

Christine Hames, Executive Directive

September 2025

Celebrating Birthdays This Month

September 17th – Elizabeth 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!



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!