

# COTSWOLD CONNECT

OCTOBER 2025

ASSISTED LIVING EDITION



**SINGH**

5215 Randolph Rd., Charlotte, NC 28211

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

Facebook: /WaltonwoodCotswold



## Leaves are Falling, Autumn is Calling

As October arrives, fall is in full swing, bringing cooler days and the beauty of changing leaves. It's the perfect time to embrace cozy moments, enjoy seasonal flavors, and take in the crisp autumn air.

Kick off October by celebrating Active Aging Week with us! We're excited to offer a variety of fun and engaging programs that highlight the vitality of our active residents. The theme of the week is "The Good Old Days," will include events such as a resident art show, a science demonstration, a sock hop social, a resident spotlight event, and our very own Waltonwood Cotswold movie premiere! Check the monthly calendar for a full list of exciting programs. You won't want to miss this!

One of our favorite things about October is Halloween! On Tuesday, October 28th, we'll start the festivities by welcoming the preschool class from Providence United Methodist Church for reverse trick or treating at 10:30 am. That afternoon, join us for a Halloween costume party and photo booth at 2:00 pm, followed by a special Halloween edition of trivia at 3:30 pm. Then, on Friday, October 31st, we'll continue the celebration with a Halloween luncheon. Get ready for a frightfully fun time!

Finally, we want to invite all residents, associates and guests to wear their favorite pink attire on Wednesdays to honor National Breast Cancer Awareness month.

-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

### KIM PROCTOR

Kim was born and raised in Michigan before moving to Charlotte at 11 years old. Her and her family came here because her grandma, who is one of fourteen children, had always lived here! Kim graduated from Garinger here in Charlotte and remarks that it has not changed a bit. She is a loving mother to four beautiful children and 2 granddaughters. She enjoys having most of her family close by, including her parents who live locally. In fact, her father is still working as a minister at 83 years old! Kim began working here in October of 2024, and has been in this field for 30 years! She sees caregiving as a calling on her life from God. She believes this calling was confirmed for her when she was blessed to be able to raise her son who had cystic fibrosis to live to 20 years when most people with CF do not making it past their childhood. Once you interact with Kim, you will agree that she is in the perfect position to bestow her love and kindness on our residents! Kim loves what she does and genuinely enjoys helping people in any way that she can. She makes every effort to treat the people in her life as if they were family to her, stating that the same things she wants for her parents, she wants for our residents. Kim wants to allow God to use her in all she does, and she does her best to let Him to do so. We are so grateful for Kim and all that she brings to our community! She is a wonderful part of our Waltonwood Cotswold Family.



## SEPTEMBER HIGHLIGHTS

September was a month of festive flavors, seasonal creativity, and lively community spirit. We kicked things off with two sweet socials as residents enjoyed sipping on fall sangria and eating ice cream bars. We also celebrated Active Aging Week with a fun "Back to School" theme, bringing out everyone's playful side. Highlights included a fascinating live animal exhibition from Exotic Encounters, where residents got up close with some incredible creatures. Laughter echoed through the community during our Mystery Smoothie Challenge, as associates bravely sipped surprise blends and tried to guess the ingredients for a prize. And for our movie lovers, a group outing to see the new Downton Abbey film was the perfect cinematic escape. As September rolled on, we welcomed the cozy spirit of fall with festive décor and hands-on seasonal crafts that brought warmth and color into our spaces. Residents also enjoyed a delicious dinner outing to Captain Steve's in Fort Mill, a fun venture out filled with great food and even better company. We closed the month on a meaningful note by celebrating Rosh Hashanah together, honoring tradition and sharing in the hope of a sweet new year. From spirited socials to heartwarming holidays, September gave us so many reasons to smile and connect.



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### Making the Change

If nothing else, we are creatures of habit. The schedules and routines we've developed over the years help us be effective, efficient, and comfortable. Sometimes, however, in order to see the improvements we need, we have to take that awkward step outside our comfort zone. As fragile as our bodies can be, they are equally resilient and capable of adapting to the stresses we place upon them. By failing to regularly introduce new stimuli, we often find ourselves making little to no progress.

If you find yourself at a bit of a plateau, it may be the perfect time to try a new or more challenging exercise. Remember, exercise should never be painful—rather, it should be taxing enough to test your ability so you can make small, incremental steps toward a stronger, healthier version of yourself.



# 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:** Landmark Diner, Chicken Salad Chick, 800 Degrees, Bossy Beulah’s

**Friday Outings:** Simpson’s Pumpkin Patch, Walking Group at Freedom Park, Target, Marshall’s, Scenic Drive

*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.

## OCTOBER SPECIAL EVENTS

6

Resident Art Show  
October 6<sup>th</sup> at 2:00 pm

10

Active Aging Week Movie  
Premiere  
October 10<sup>th</sup> at 2:00 pm

20

Resident Council Meeting  
October 20<sup>th</sup> at 2:00 pm

23

Kindness Council: Cards of  
Encouragement  
October 23<sup>rd</sup> at 10:30 am



## EXECUTIVE DIRECTOR CORNER

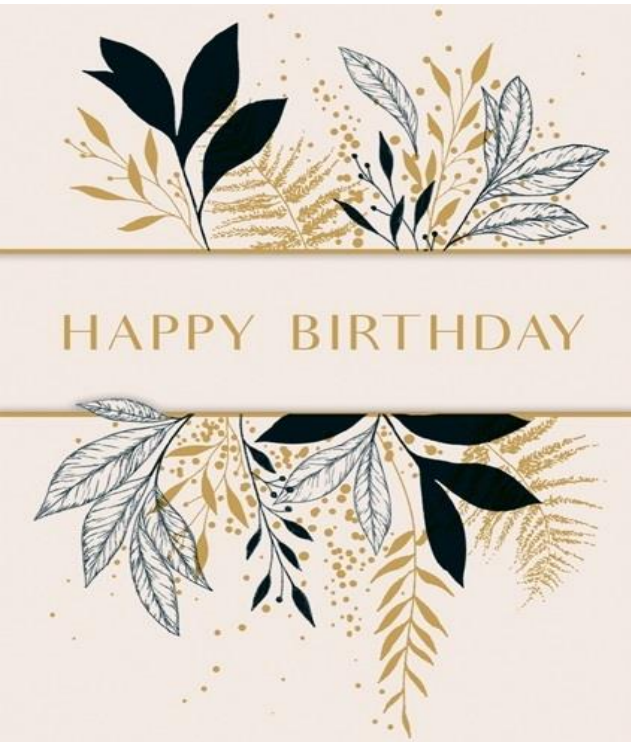
I want to take a moment to express my sincere thanks to all of our wonderful residents, family members and our sister community, Waltonwood Providence, for their generosity during our donation drive for the Charlotte Humane Society this summer.

Because of your kindness, we were able to collect: 234 pounds of dry dog food, 165 pet toys, 158 training pads, 97 cans of food, 64 packs of treats, 74 pounds of cat litter, and 20 pounds of dry cat food.

These donations have made a meaningful impact in the lives of animals in need, and we couldn't have done it without you.

Thank you for your support.

Christine Hames, Executive Director



### Celebrating Birthdays in October

- 2<sup>nd</sup> – Pat S.
- 5<sup>th</sup> – Dot D.
- 6<sup>th</sup> – Pam S.
- 7<sup>th</sup> – Murray H.
- 7<sup>th</sup> – Virginia W.
- 9<sup>th</sup> – Ed C.
- 10<sup>th</sup> – Sonya H.
- 17<sup>th</sup> – Shirley M.
- 25<sup>th</sup> – Fay H.

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

-Frank Lloyd Wright

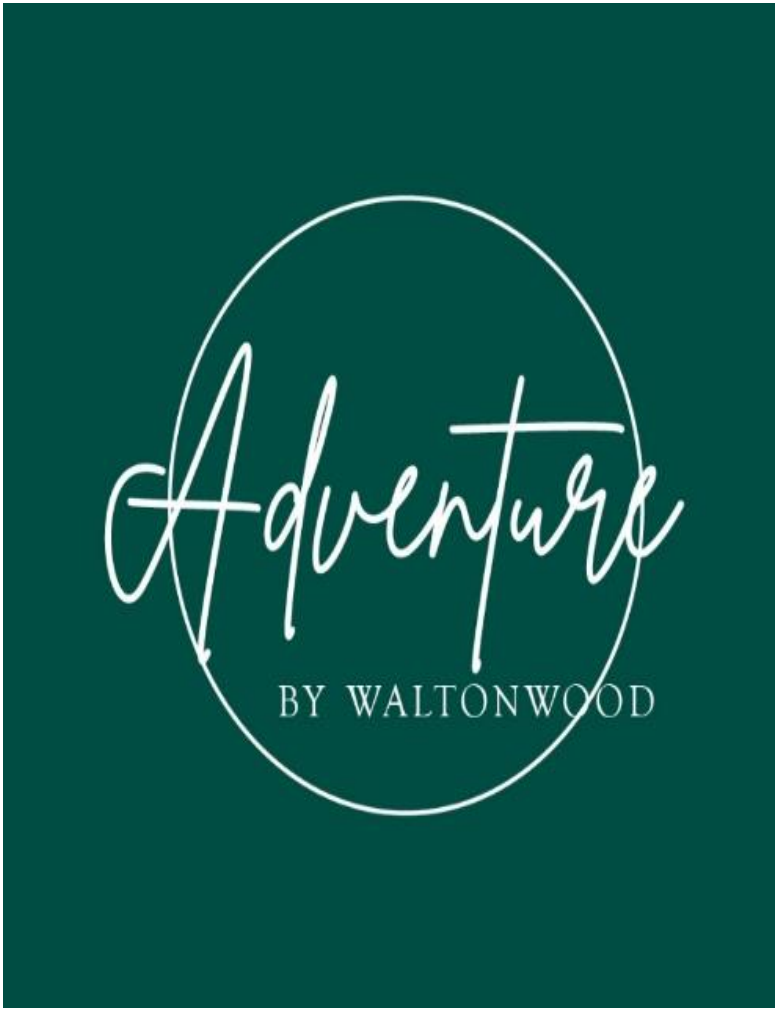
## LIFE ENRICHMENT BULLETIN

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 Monday, October 6<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, October 20<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, October 27<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, October 29<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!