

October 2025

COTSWOLD CONNECT

OCTOBER 2025

MEMORY CARE EDITION



SINGH

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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 discussion and presentation at 4pm. The next day, we will make a spooky treat at 10am, and finally, wrap up the week's festivities with a Halloween Happy Hour on Friday, 10/31 at 3pm.

Lastly, 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

Sophia Wicker
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Tiffany McKinney
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 by *Shaniece*

Davis, LE Assistant

September is the ninth month of the year, and in the northern hemisphere it is considered the first month of fall. September symbolizes a transition as we move from a warm and bright summer season to a crisp and cozy fall season before we enter the upcoming Holiday season. September is also known as the “Harvest Month”, representing the culmination of hard work in preparation for the winter ahead.

Here at Waltonwood Cotswold, we started off the month acknowledging Labor Day on September 1st. Following Labor Day, we enjoyed celebrating Assisted Living Week which began on September 7th. Associates and residents alike got to participate in the fun as we sang karaoke, witnessed an exotic animal exhibit, taste-tested unique smoothies, and more. Following Assisted Living Week, we kicked off Hispanic Heritage Month which takes place between September 15th and October 15th.

Our outings this month included checking out the new Starbucks on N. Wendover Rd, Olive Garden, and Park Road Park for an end-of-season picnic. We got creative this past month in our crafting corner, making sock scarecrows, tin can planters, and watering can paintings.

September flew by, and we are eager to see what’s in store for October.

MULTIDIMENSIONAL WELLNESS

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

Here are our scheduled outings for the month!

- ❖ October 2nd – Starbucks
- ❖ October 9th – Dunkin’ Donuts
- ❖ October 16th – Stevens Creek Nature Center
- ❖ October 23rd- Pumpkin Patch
- ❖ October 30th – McAlister’s Deli



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

1

National Pumpkin Spice Day

6-10

22nd Annual Active Aging Week

28

Trick or Treating with
Providence Methodist Pre-
Schoolers

31

Halloween



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.

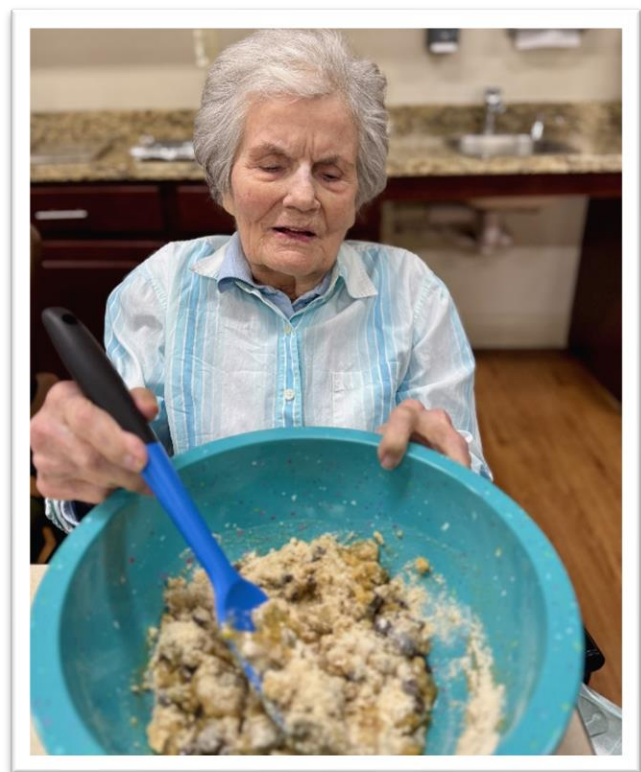
Christine Hames, Executive Director

October 2025

Celebrating Birthdays This Month

October 9th – Ellie C.

October 26th – Anne J.



**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



HAPPY BIRTHDAY



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

-Frank Lloyd Wright

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!