

COTSWOLD CONNECT

DECEMBER 2025

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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It's the Most Wonderful Time of the Year!

The holidays are a very special time here at Waltonwood Cotswold, and we are excited to share this joyful season with you. We want to extend an invitation to all residents to attend the Resident Holiday Party on Wednesday, December 17th. We will begin with the holiday luncheon in the dining room 11:30 am. until 1:30 pm, featuring a wonderful meal, festive drinks, a delicious dessert selection, and live piano music by Ethan. In the afternoon, we will have a photographer taking holiday portraits from 1:00 pm until 3:00 pm in the library, and we will round out the afternoon with a beautiful live music performance by Xavier Musique. There's no better way to celebrate the holiday season together!

Additionally, we will be hosting a Winter Warmth Drive to benefit Crisis Assistance Ministry throughout the month of December. The most requested items are men's clothing (all sizes), children's clothing (all sizes), socks, underwear, towels, blankets, and personal hygiene products. The collection bin will be located in our main lobby. We appreciate your support and generosity.

As we wrap up another wonderful year, we want to sincerely thank each of you for being part of our community. We're excited to see what the new year brings and look forward to sharing more memorable moments with you in the year ahead!

-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

AMANI NGOSSO

Amani was born in Atlanta, GA and has lived in several states since then, eventually settling here in Charlotte just over two years ago. Her family is spread out — with an older sister in Tanzania and an older brother in Hawaii — but she and her mom, Shirlena (FFC), are never far from each other. Amani describes Shirlena as her absolute best friend and favorite person, and they feel fortunate to have always been so close. Amani loves being creative and enjoys painting, drawing, making jewelry and signage, writing poetry, dancing, singing, and putting together playlists. A fun fact about her is that she loves a wide variety of music, anything from screamo to classical, and she enjoys exploring new sounds. Her faith in God is also very important to her, and she takes seriously her calling to be a vessel for God's glory by showing kindness, compassion, love, and humility each day.

Professionally, Amani aspires to earn her bachelor's degree in Healthcare Administration and continue working in the senior living industry. She has volunteered since she was nine years old and would never trade caring for people for anything. She loves that Waltonwood feels like a family and genuinely enjoys getting to know her residents, their family members, and her coworkers. Amani is deeply grateful for everyone who has supported her here, and we are truly thankful to have her as part of our Waltonwood family.



NOVEMBER HIGHLIGHTS

November brought an opportunity to focus on friendship, family, and the spirit of giving. We celebrated World Kindness Day, where residents came together to create thank-you gift bags for our associates. Our creative energy was in full swing as we embraced the season's vibrant colors and festive traditions. Residents designed beautiful Thanksgiving-themed stenciled wood blocks and painted cheerful ceramic turkeys. In recognition of Veterans Day, we honored the brave men and women who have served our country. We hosted a memorable dinner filled with gratitude and camaraderie, as well as a patriotic sing-along and a themed happy hour that brought smiles to everyone's faces. We had a wonderful Thanksgiving-themed visit from Charlotte Jewish Day School, which included an adorable gratitude turkey craft for the residents to reflect on what they are thankful for. The month wouldn't have been complete without a proper Thanksgiving celebration. Residents, families, and friends gathered for a delightful feast, savoring delicious food and sharing heartfelt moments. It was a time to reflect on our blessings and cherish the connections that bring us closer together.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Stress Management by Shirlena Hucks, Forever Fit Coordinator

Creating an atmosphere of serenity and peace can be challenging. However, if you don't have the tools to create this environment on your own, be willing to invite and embrace people and methods that can help. The end of the year can be especially stressful—with wonderful holiday events, but also with grief if you've lost a loved one or are unable to be with them because they are far away. When you feel down about these issues, you may need some alone time, but also consider spending time with others, as socializing can help boost your mood and reduce stress. If you feel anxious due to busyness or navigating events, manage your frustration with deep breathing and don't allow stress to overtake you. Always make time to slow down and be gentle with yourself. Enjoy the holidays!

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: Eddie’s Place, Jasmine Grille, Showmars, Cracker Barrel, Buffalo Wild Wings

Friday Outings: Nutcracker, Hanukkah Party at Shalom Park, Target, 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.

DECEMBER SPECIAL EVENTS

9

Live Music with the Charlotte Flute
Choir
December 9th at 7:00 pm

15

Resident Council Meeting
December 15th at 2:00 pm

16

Pictures with Santa
December 16th at 2:00 pm

31

New Year’s Eve Social
December 31st at 2:00 pm

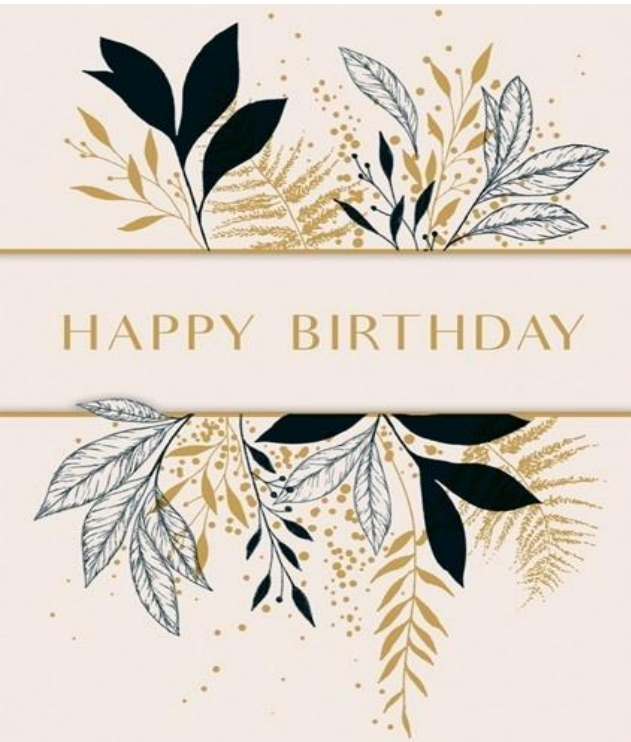


EXECUTIVE DIRECTOR CORNER

Dear Residents,

As the leaves begin to change and cooler weather arrives, we also enter the time of year when colds, flu and other seasonal illnesses become more common. Your health and comfort are important to us. In an effort to support you and your health, we are pleased to announce that we now offer in-house influenza (flu) testing with a physician’s order. This testing, together with our COVID-19 testing, provides an added layer of protection which we hope brings each of you peace of mind during this holiday season.

Sincerely,
Christine Hames
Executive Director



**Celebrating Birthdays in
December**

- 2nd – Florence R.
- 2nd – Kay T.
- 6th – Helen Z.
- 9th – Pat H.
- 20th – Molly J.

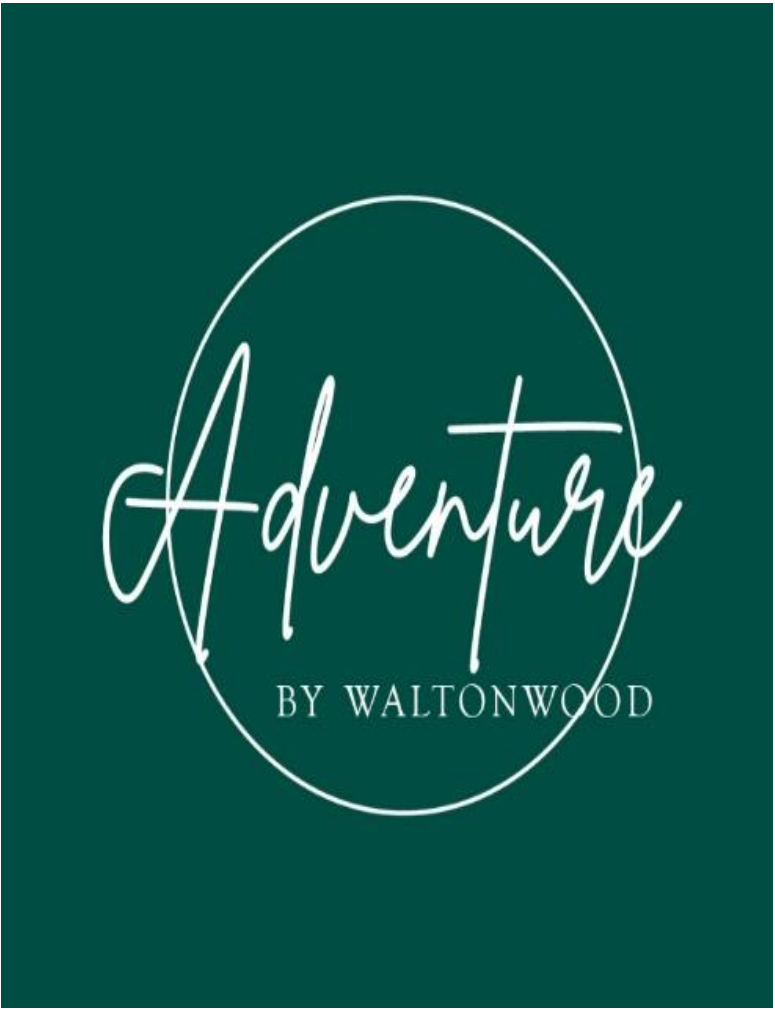
“The longer I live, the more
beautiful life becomes.”
-Frank Lloyd Wright

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 Wednesday, December 3rd at 1:00 pm 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, December 15th 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, December 1st 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, December 31st 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!