

December 2025

COTSWOLD CONNECT

DECEMBER 2025

MEMORY CARE 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 festivities that will be taking place throughout the month. On Tuesday, December 16th, we will enjoy some Christmas carols and a visit from Santa! Then on Wednesday, December 17th, 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. Please see the full calendar to see what other events will take place throughout December.

Additionally, we will be hosting a Winter Warmth Drive to benefit Crisis Assistance Ministry throughout the month. 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 bins 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

Sophia Wicker
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Tiffany McKinney
Wellness Coordinator

Desiree McElroy
Resident Care Manager

John Williams
Environmental Services Manager

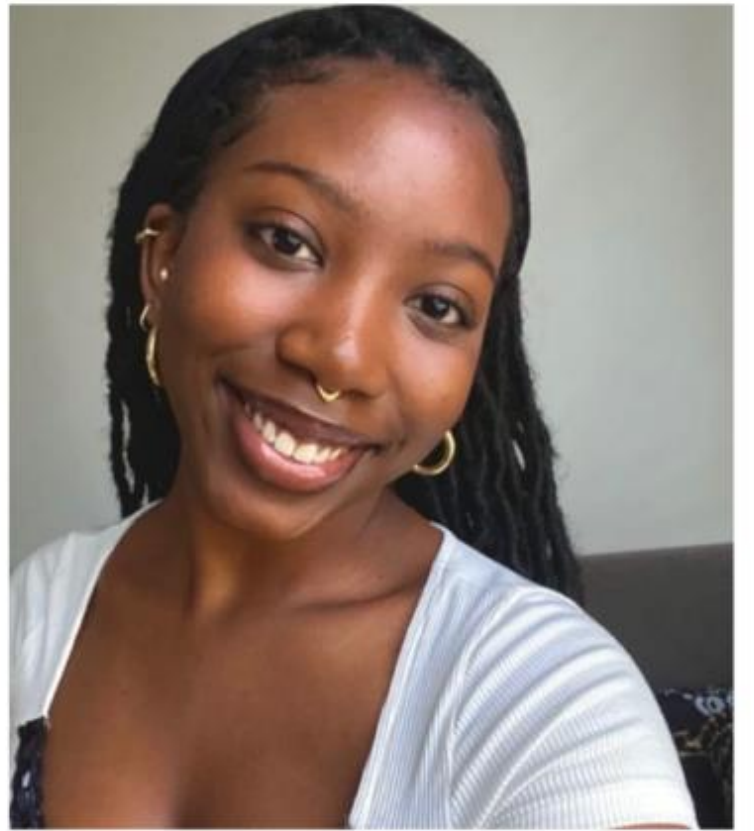
ASSOCIATE SPOTLIGHT AMANI NGOSSO

Amani was born in Atlanta, GA and has lived in several states since then, finally ending up here in Charlotte, NC just over 2 years ago! Amani has an older sister in Tanzania and an older brother Hawaii. Her family is pretty spread out, though her and her mom (Shirlena, FFC!) are never far from each other! Amani described Shirlena as her absolute best friend and favorite person. They are fortunate to have always been close.

Amani loves to be creative and has several hobbies such as painting, drawing, making jewelry, making signage, writing poetry, dancing, singing, and making playlists. A fun fact about Amani is that she loves a wide variety of music...anything from screamo to classical!

Additionally, Amani's faith in God is very important to her. She takes her calling seriously of being a vessel for the glory of God. Each day, her goal is to show kindness, compassion, love, and humility to those she interacts with.

Professionally, Amani aspires to get her bachelor's degree in Healthcare Administration and to continue working in the senior living industry. In fact, she has volunteered since she was 9 years old and would not trade professionally caring for people for anything! She loves that Waltonwood really feels like a family to her, and she genuinely loves getting to know her residents, family members, and coworkers here. She is truly grateful and appreciate for everyone who has supported her here at Waltonwood. We are so grateful to call Amani a member of our Waltowood Family!



NOVEMBER HIGHLIGHTS by *Shaniece Davis, LE Assistant*

November was a month overflowing with gratitude, creativity, and celebration! Our community came alive with wonderful entertainment from Ethan Uslan, Tracey Bentley, John Lewis, Patrick Hudson, Brian McCarn, Kylie, Kulwicki, Carol Zureick, Xavier Musique, Jim Ruth, and David Jennings, each bringing joy and toe-tapping fun to our days. We embraced the festive season with creative crafts like painting our own turkeys, making Veteran flag paintings, designing pumpkin pie paper plate banners, and decorating DIY fall mason jars — each project filling our space with color and cheer. Our armchair travels took us around the world and through history as we explored the cultures of Poland and Portugal, reflected on Veterans Day, and learned more about the traditions of U.S. Thanksgiving Day. In the kitchen, the sweet aromas of the season filled the air as we prepared ranch chicken cheese balls, red, white, and blue chocolate-covered pretzels, gooey brownies, and creamy sweet potato pie. A highlight of the month was our visit to Stevens Creek Nature Center, where we enjoyed a beautiful day discovering non-poisonous snakes, fascinating cartilage turtles, and other amazing creatures. November reminded us how thankful we are for friendship, laughter, and all the special moments we share together.



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

Here are our scheduled outings for the month!

- ❖ December 4th – Outing to Dollar Tree
- ❖ December 11th – Outing to Dunkin’ Donuts
- ❖ December 17th – Outing to Cotswold Neighborhoods (Holiday Light Viewing)
- ❖ December 18th – Outing to Famous Toastery



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

9

Hanukkah Social

16

Winter Concert with Myers Park Elementary School

Hot Cocoa with Santa

Christmas Carols with Julie & Friends

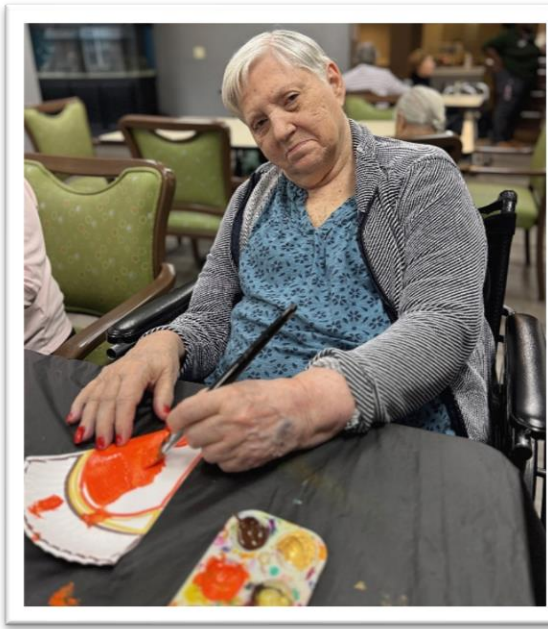


17

Outing to see Cotswold neighborhood holiday light displays

31

New Year’s Eve



EXECUTIVE DIRECTOR CORNER

Dear Residents & Families,

As the leaves begin to change and cooler weather arrives, we also enter the time of year when colds, flus, 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 for all residents. 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.

Christine Hames, Executive Director

December 2025

Celebrating Birthdays This Month

- ❖ Kamla M. – Dec. 15th
- ❖ Barbara S. – Dec. 27th



HAPPY BIRTHDAY



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!