

COTSWOLD CONNECT

JANUARY 2026

MEMORY CARE EDITION



Redefining Retirement Living

SINGH.

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

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Cheers to the New Year!

Now that the holiday season has come to an end, it is time to start the new year off strong. The new year is a time for new beginnings, goal setting and self-improvement. With January being National Hobby month, it is a great time to try something new. Whether you want to focus on getting into shape, joining a new club, meeting somebody new, or picking up a paint brush, we have a lot to offer throughout the month. Be sure to check out the monthly program calendar for a full list of offerings.

This year, in honor of Dolly Parton's birthday on January 19th, we will be hosting our very own "Waltonwood to Dollywood" theme day on Friday, January 16th! We will be offering a number of

Dolly-themed programs and events, including a Dolly Day luncheon and a party to celebrate her 80th birthday with Dolly-approved refreshments. We would like to strongly encourage all residents and associates to consider dressing up on January 16th in your favorite western wear – think boots, flannels, bandanas and rhinestones (which are Dolly's favorite). In conjunction with our Waltonwood to Dollywood day, we will be kicking off a book drive to support the mission of Dolly Parton's "Imagination Library." The drive will run from the last week of January through mid-March. We will accept new books for children ages newborn to 12.

- 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 EURIKA ROJERS

Eurika was born in Washington, D.C., falling in line as child #13 out of 14! Growing up in a big family was surely nothing short of entertaining, especially for Eurika being one of the youngest siblings.

Eurika moved to North Carolina when she was 18 years old to take care of her father, which she did until he passed away. Caring for her father is what sparked a passion in her as a caregiver, and she has worked in this role ever since. She takes her job seriously and works hard to provide quality care to the people around her. She appreciates her residents and coworkers, having learned so much from each population.

Outside of work, Eurika is the proud mother of two lovely children. Both of her children have Autism, which has opened up her world to serving others with similar challenges. She deeply loves her children and seeks to understand them, which is why she enjoys spending time with them at ABS Kids Therapy. In fact, she has become a certified Behavior Technician to serve her children and others with Autism well.

Besides the joy she gets from spending time with her children, Eurika also likes to take trips to the beach, dance, eat good food, listen to music, and watch movies.

Eurika loves working in the healthcare field and wants to grow in this capacity! We are so glad that she's chosen Waltonwood as an avenue for that over these past 3 years. She is a wonderful member of our Waltonwood Family!



DECEMBER HIGHLIGHTS by *Shaniece*

Davis, LE Assistant

December was filled with joy, creativity, and festive celebrations here at Waltonwood Cotswold. We enjoyed baking a variety of delicious treats, including chocolate chip cookies, peanut butter cookies, puff pastry donuts, banana pudding, and rich, fudgy brownies. Additionally, we appreciated the opportunity give back this Holiday Season by making donation boxes for the Heart and Hands Food Pantry here in Charlotte.

Our entertainment lineup was exceptional this month, featuring performances by Ethan Uslan, Patrick Hudson, Kylie Kulwicki, Julie Ritterskamp and Friends, Xavier Musique, Carol Zureick, Rick Cohan, David Jennings, John Lewis, and Jim Ruth. Each entertainer brought smiles, laughter, and wonderful, musical memories to our community.

Of course, residents gathered to decorate our Alzheimer's Christmas tree again this year, which is always a special time. Later, we enjoyed a visit from Santa Claus, who posed for many pictures with our community members on December 16th! To top it all off, we took a scenic bus ride after dark to admire the holiday lights around our city — a truly exciting and heartwarming experience that captured the spirit of the season.

December has surely been a month to remember at Waltonwood Cotswold, filled with laughter, togetherness, and the joy of the holidays!

Multidimensional Wellness by *Shirlena Hucks, Forever Fit Coordinator*

It's a new year, which makes it a great time to make new friends and partner up with a buddy. Studies show that doing things with other people is good for your mood and mental well-being. And, it engages healthy competition. You can set goals and challenges with your buddy(s) to make your weekly schedules more interesting. Try something you've never done before, and even if you don't like it, it will be something you can laugh about later as you promise each other that you'll never do it again. Having someone to join you in your day-to-day routine is also another way to stay motivated. If you already attend Waltonwood programs with a buddy, then tell a neighbor. If they give you excuses or have reservations about doing certain things, have them speak with the Forever Fit Coordinator or Life Enrichment team and we can point them in the right direction. You never know, you might be the reason someone starts a new routine. Let's partner up this month and make some new connections this year.

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!

- ❖ January 1st – Scenic Drive
- ❖ January 8th – Brixx Pizza
- ❖ January 15th – Krispy Kreme
- ❖ January 22nd – Reedy Creek Nature Center
- ❖ January 29th – Amelie’s French Bakery & Cafe



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 **16**
New Year’s Day **Waltonwood to Dollywood**



19 **26-30**
MLK Jr. Day **Activity Professionals Week**



EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

As we begin 2026, I would like to express my sincere appreciation for your generous contributions to our Associate Holiday Fund.

Your kindness allowed us to recognize and celebrate our associates during our Holiday Party in a meaningful way. Associates received generous gifts of varying amounts based on their tenure and employment status. These gifts brought tremendous joy and a strong sense of appreciation to our team members, many of whom work tirelessly to support our community each day!

With gratitude,

Christine Hames, Executive Director

Celebrating Birthdays This Month

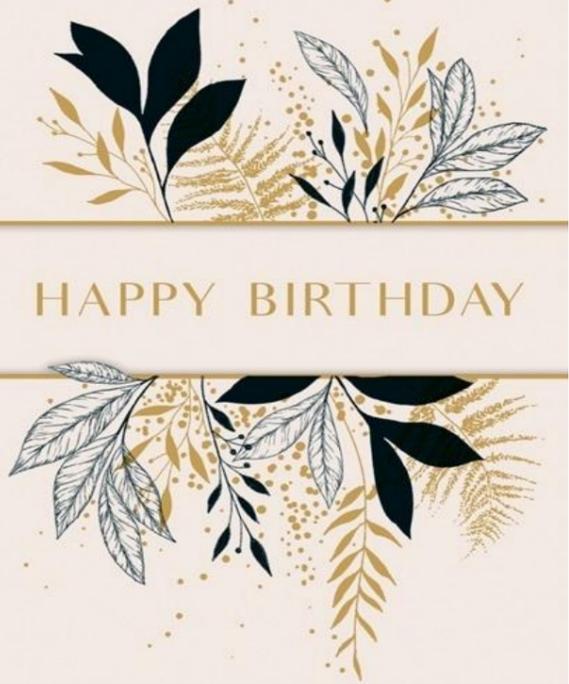
- ❖ Patricia J. – January 2nd
- ❖ Sonia W. – January 21st



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!

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



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!