

COTSWOLD CONNECT

FEBRUARY 2026

ASSISTED LIVING EDITION



SINGH

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Facebook: /WaltonwoodCotswold



Love Is In The Air

Small acts of kindness can create a ripple effect, making the world a more caring place. On that note, our community will be hosting a Random Acts of Kindness challenge for the entire third week of February. Our goal is to complete at least 170 random acts of kindness by the end of the week, and we need your help! We will have a kindness table located on the second-floor main hallway. Throughout the week, you can write the act of kindness on our community clipboard and fill out a raffle ticket with the name of the person who contributed the act of kindness on it. Blank raffle tickets can be found on the display table. Please reach out to a Life Enrichment team member if you have any questions.

During the month of February, we will have a display set up on the second floor in honor of Black History Month with profiles of some notable black individuals throughout history. Additionally, we will set up a Valentine's Day display of our residents' wedding photos. If you would like to have your wedding photo displayed, please label it and turn it into concierge (to the attention of Life Enrichment) by February 9th. Finally, we are hosting a book drive to benefit a local Title I school. The drive will run through mid-March. We will accept new books for children ages newborn to 12. We are supporting the mission of Dolly Parton's "Imagination Library."

- 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

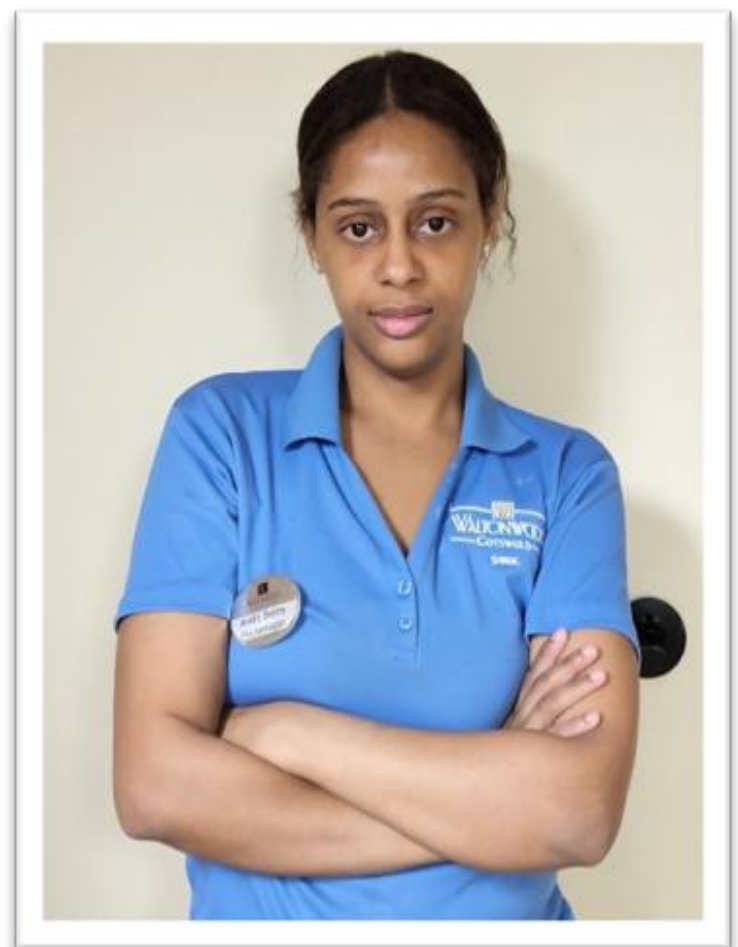
John Williams
Environmental Services Manager

ASSOCIATE SPOTLIGHT

ARELIS BELTRE

Arelis is 27 years old and has lived in Charlotte since she was a child. She enjoys living here and anticipates sticking around, especially since her dad lives in town and the two of them are very close. They often go to church together and work on various projects. Arelis likes to be around to help her dad with anything he needs because he has always done that for her. Additionally, Arelis likes exercising, going to the mall with her friends, and hanging out with her boyfriend. Professionally speaking, Arelis first began working in the senior living industry when she was 22 years old as a housekeeper. She especially loves working at Waltonwood, having made strong connections with her coworkers and residents. She really appreciates how helpful the other housekeepers are and how hard they all work.

Arelis wants those around her to know that she is willing to help with anything and is willing to learn how to do new things. She loves connecting with people, and wants to share that although she has an accent, she can understand everything said to her. Lastly, Arelis has a dream of one day going to college to become a Translator. She has a passion for helping others and would love to use her skills and knowledge in meaningful ways. We are so grateful for Arelis's hard work and the care that she exuberates here! She is a wonderful member of our Waltonwood Cotswold Family.



JANUARY HIGHLIGHTS

January kicked off the new year with creativity, fun, and a few unforgettable highlights here at Waltonwood! We rang in New Year's Day together with a champagne toast and camaraderie with friends. We jumped right into winter-themed crafts, including terra cotta pot snowmen, winter bracelets, and mitten canvas paintings that added a festive seasonal touch around the community. Residents also enjoyed time connecting during group socials and shared activities throughout the month.

This month was our special Dolly Day celebrating the infamous Dolly Parton's birthday! Residents enjoyed all things Dolly throughout the week, including documentaries, a country hits sing-along, a rhinestone boot craft, country themed cardio drumming, and a Dolly themed cocktail hour. One of the most memorable moments was a visit from Soleil the mini horse, which brought smiles to everyone in the community.

We ended the month with a wonderful dinner outing to Bonefish Grill. It was wonderful to see the connections and shared moments of joy throughout the community. January truly set a wonderful tone for the year ahead, and we look forward to creating many more meaningful memories together.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Heart Health for American Heart Month by Shirlena Hucks, Forever Fit Coordinator

February is American Heart Month, and we are kicking it off with our 3rd Annual 1-Mile Marathon. The importance of heart health is obvious, yet it can easily be overlooked due to busy lifestyles, personal preferences, culture, and lack of education. Take a little time this month to learn more about how your heart works and, more importantly, how to take better care of it.

Heart health includes both physical and emotional components and is closely connected to brain health. Focus on reducing stress and increasing holistic activities such as music, puzzles, socializing, spiritual involvement, art, and physical movement, to name a few. Small adjustments can lead to meaningful improvements in your overall health. Let's celebrate February with the American Heart Association and make this our best heart-healthy year yet.

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: Famous Toastery, Midwood Smokehouse, Ace No. 3, Chicken Salad Chick

Friday Outings: Scenic Drives, Target

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.

FEBRUARY SPECIAL EVENTS

6	9
Go Red Day for Heart Health	Super Bowl Sunday
February 6 th beginning at 10:30 am	February 9 th beginning at 2:00 pm
16	18
Resident Council Meeting	Waltonwood Winter Olympics
February 16 th at 2:00 pm	February 18 th beginning at 9:00 am



EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

Waltonwood is conducting Resident Satisfaction Surveys this month. As ever, we place high value on constant, candid feedback from all of you. Without it, we cannot continue to meet the needs and expectations of current and future residents. The surveys were sent out either electronically to an email we have on file, or a paper copy through the mail. I encourage every resident and/or responsible party to complete the survey, as it’s a valuable tool we use to know what things we are doing well at the community and what areas we need to focus our attention on. Paper copies must be mailed by February 6th, and electronic surveys must be completed by February 9th. Thank you for your participation in advance.

Warmest Regards,
Christine Hames
Executive Director

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 Thursday, February 12th at 1:30 pm in the café*
 - 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, February 16th 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, February 2nd 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, February 4th at 1:30 pm in the Dining Room*
 - 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. This month will be a special edition of the meeting. We will have Chef Kara, the Director of Culinary Services, joining us to hear resident feedback regarding the dining experience. We encourage residents to please attend and to come prepared with any questions or comments to share.

Celebrating Birthdays in February

5th – Nancy Jo S.

8th – Joyce N.

9th – Hilde C.

20th – Dennis E.

20th – Joan S.

21st – Hope W.

29th – Ronnie G.

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

-Frank Lloyd Wright

ADVENTURE BY WALTONWOOD

Our latest Waltonwood adventure took place last month and it was a very special one. Our resident Sharon was treated to a well-deserved spa day experience. Sharon has always loved taking time to get pampered, but had not been able to treat herself in quite some time, so we were thrilled to do it for her. Her day began with a relaxing massage at Poseidon Spa inside the Grand Bohemian Hotel in uptown Charlotte, followed by a wonderful pedicure from the caring team at Retention Nails and Spa. It was a beautiful day centered on comfort, relaxation, and making Sharon feel as special as she is.



\$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!