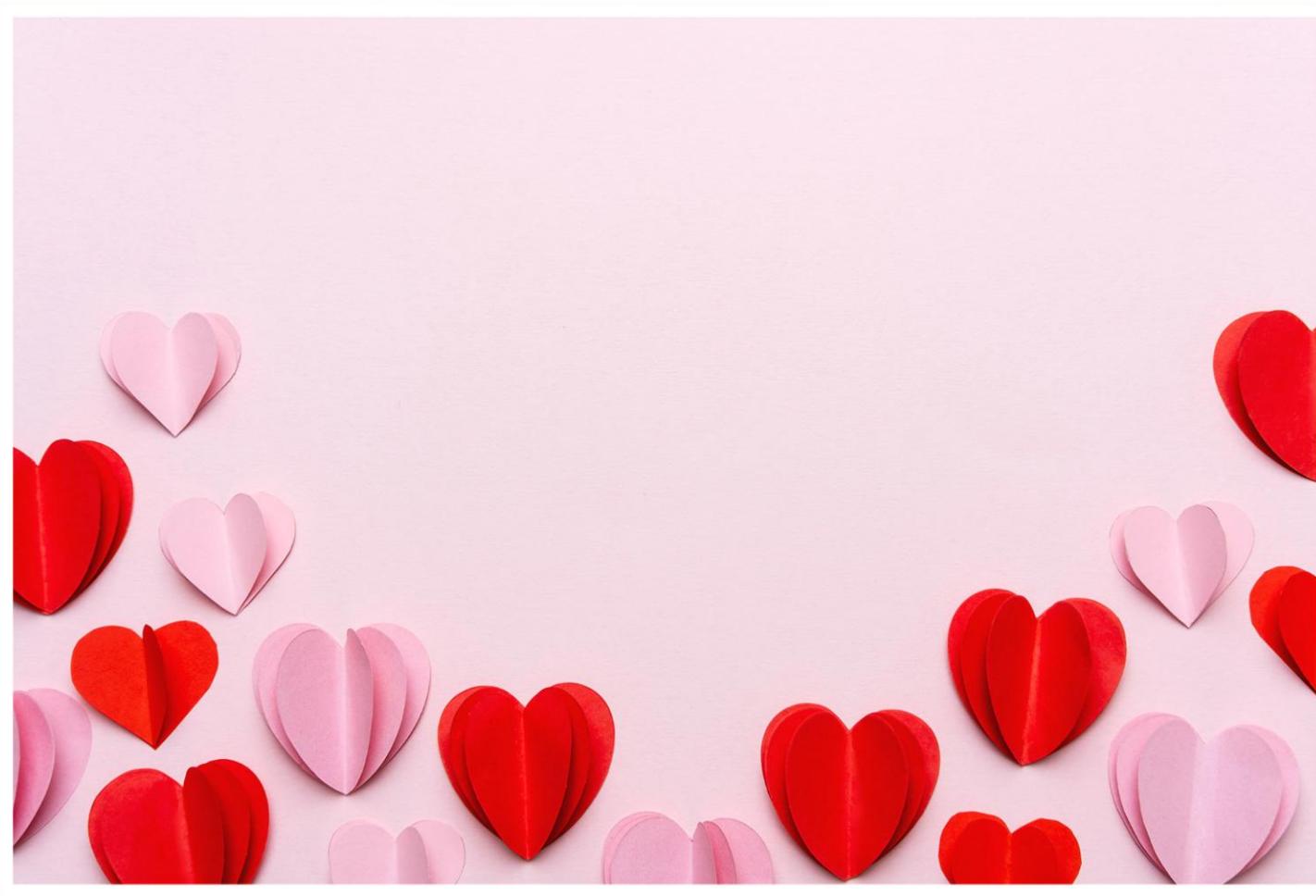


COTSWOLD CONNECT

FEBRUARY 2026

MEMORY CARE EDITION



Love Is In The Air

A small act 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 in support of Dolly Parton's "Imagination Library." to benefit a local Title I school. We will accept new books for children ages newborn to 12 years. The drive will run through mid-March.

- Your Waltonwood Family



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Regional Director of Operations

Christine Hames
Executive Director

Sharyn Riddle
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Hadiyyah Hilton
Housekeeping Supervisor

Sophia Wicker
Life Enrichment Manager

Jayne Segal
Marketing Manager

Tiffany McKinney
Wellness Coordinator

John Williams
Environmental Services Manager

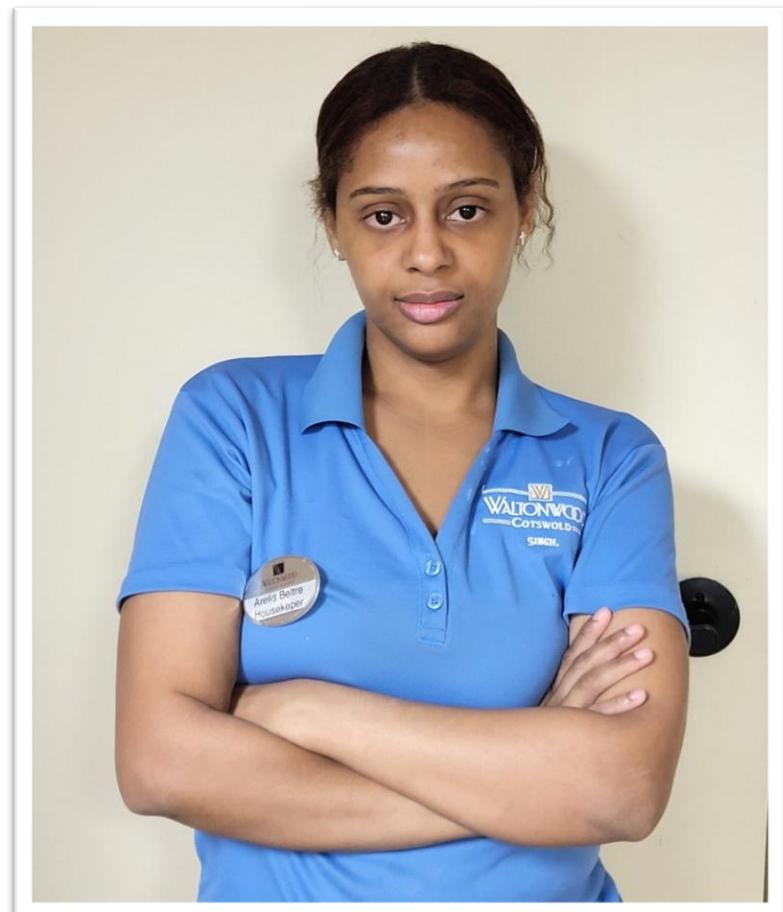
ASSOCIATE SPOTLIGHT ARELIS BELTRE

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 by Shaniece Davis,

LE Assistant

January has been a wonderful month here in the community filled with plenty of cozy moments. We enjoyed an incredible lineup of live entertainment, featuring the talents of Ethan Uslan, David Shoff, Xavier Musique, David Jennings, Patrick Hudson, Lisa and Chuck, Kylie Kulwicki, Carol Zurecki, John Lewis, and Jim Ruth.

Additionally, our residents' culinary skills were on full display this month! Together we made lemon bars, Dolly Parton's famous fudge brownies, a savory chicken cheese ball, and classic chocolate chip cookies. The delicious aromas drifting through the halls reminded us all how much joy can be found in the kitchen.

Our Armchair Travel adventures took us to some incredible destinations this January, including Dolly Parton's hometown of Sevierville, Tennessee in honor of our 2nd Annual "Waltonwood to Dollywood" celebration. In fact, we even got to meet a real mini horse, Soleil, to help us get in touch with Dolly's country roots! Soleil was full of love for everyone she met, and we look forward to her next visit.

We later reflected on some powerful moments of the 1960s Civil Rights Movement in memory of Dr. Martin Luther King Jr. and his impactful work in bringing folks together and fighting against oppression and segregation.

Of course, our crafts this month were as imaginative as ever! Residents enjoyed Winter Woodworking, Pinch Pots, cheerful "Howdy" canvases in honor of Dolly Parton's birthday, and adorable Milk Jug Snowmen. Each creation brought color and joy to our winter décor. Lastly, the weekend of January 25th brought us a taste of true winter with snow and ice — a rare and memorable ice storm that turned our grounds into a sparkling wonderland. Despite the chill, our residents' warmth, humor, and resilience made it a weekend, and month, to remember.



Multidimensional Wellness by Shirlena Hucks, Forever Fit Coordinator

February is American Heart Month and we are kicking it off with our 3rd annual One Mile Marathon! The importance of heart health is obvious, yet it seems to be easily ignored these days due to busy lifestyles, preferences, culture, and lack of education. Take a little time this month to learn more about how your heart works and even more so, how to take better care of it. There are physical and emotional aspects of your heart that have to do with your brain. Work on reducing stress and increasing holistic activities such as music, puzzles, socializing, spiritual involvement, art and physical movement, to name a few. Improve your health by making some adjustments. Let's celebrate February with the American Heart Association and make 2026 our best heart-healthy year ever!

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!

- ❖ February 5th - Starbucks
- ❖ February 12th – Viscous Biscuit
- ❖ February 19th – Dollar Tree
- ❖ February 26th – Your Mom's Donuts

In addition to all of these outings, residents go on scenic drives every Monday at 10:00am d neighborhoods that Charlotte has to offer.



SPECIAL EVENTS

1-28 6

Black History Month

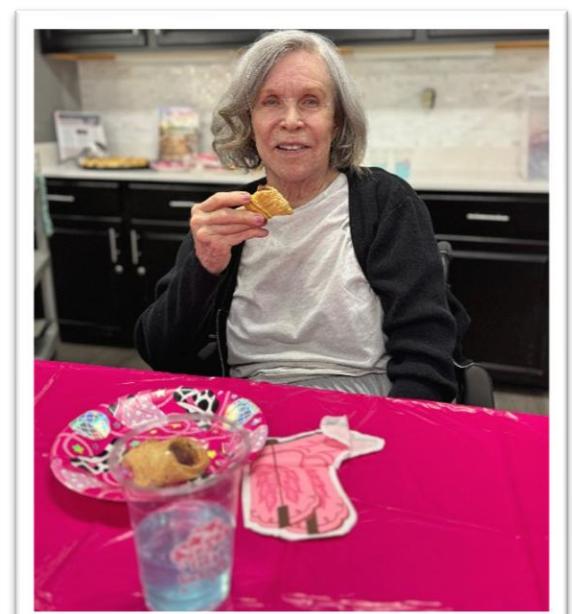
Go Red for Heart Health



8 16-20

Superbowl Sunday

Random Acts of Kindness Week



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

February 2026

Celebrating Birthdays This Month

❖ Mary Lou M. – February 6th



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!