

COTSWOLD CONNECT

JUNE 2026

ASSISTED LIVING EDITION



SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

Facebook: /WaltonwoodCotswold



We've Got Sunshine on Our Minds

The sun is out, the school year is coming to an end, and we've got a fun-filled month coming your way. With the first day of summer on the horizon and the temperatures rising, we'd like to remind everyone to continue drinking water and wearing sunscreen and hats when you visit the courtyard and other outdoor areas.

It's that time of the year again – make sure to mark your calendars for Camp Waltonwood! Our beloved annual intergenerational event is back, bringing together residents and children from their families or the local community for a night of fun and connection. This year's theme is "The Great Outdoors," so join us on Friday, June 5th from 5:30 pm to 7:30 pm for an exciting evening of themed programs. Dinner will be served for all participants and their parents/guardians. Don't miss this special opportunity to create lasting memories across generations.

We will be celebrating Father's Day a little early this year. On Friday, June 12th, our residents are invited to attend our Father's Day Happy Hour at 3:30 pm in the dining room. Immediately following, we will have a Father's Day Dinner from 4:30 pm to 6:30 pm in the dining room. The menu is inspired by Brazilian steakhouses, and it's one you won't want to miss! Family members or guests who are interested in attending may call the concierge at 704-496-9310 to make a reservation.

- Your Waltonwood Family

COMMUNITY LEADERSHIP

Jeff Plummer

Regional Director of Operations

Christine Hames

Executive Director

Sharyn Riddle

Business Office Manager

Donna Eaton

Resident Care Manager

Hadiyyah Hilton

Housekeeping Supervisor

Alexis Spencer

Life Enrichment Manager

Jaynie Segal

Marketing Manager

Sierra McKoy

Wellness Coordinator

John Williams

Environmental Services Manager

Dana Price

Culinary Services Manager

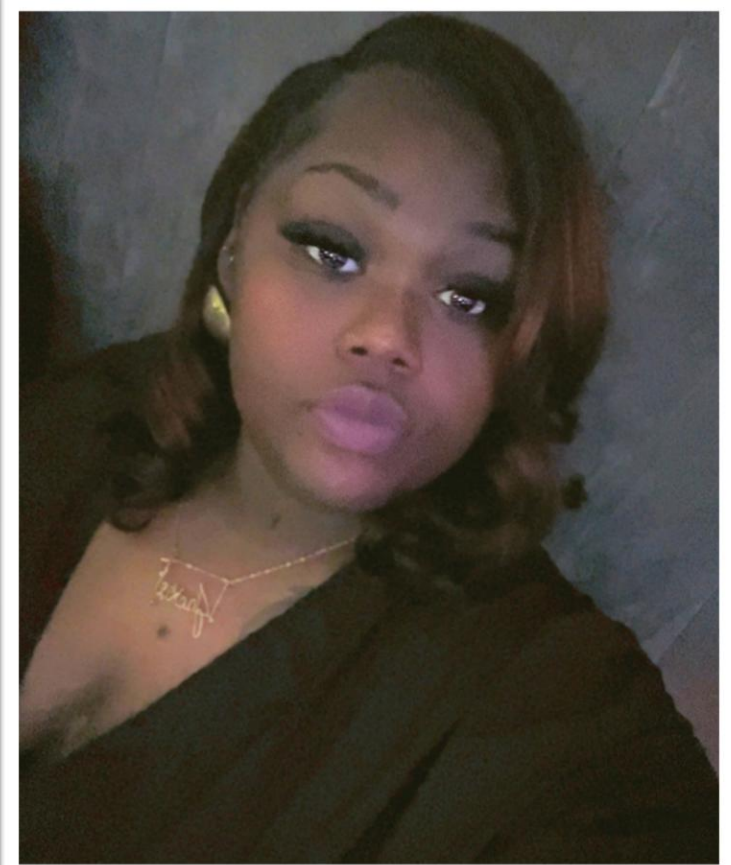
ASSOCIATE SPOTLIGHT

JACKIE FOSTER

Jackie is a native Charlottean! She has a tight-knit family who have inspired her to work in healthcare. She was fortunate enough to grow up around her grandparents and great grandparents, along with other extended family members. Being around her family and caring for some of them instilled a passion in her for caring for others, especially seniors.

Jackie has proudly dedicated her life to helping people. Professionally, she sees herself continuing to do so in the healthcare field and looks forward to growth opportunities in the future. Jackie's favorite part about working at Waltonwood Cotswold is making the residents smile every day. Her main focus is serving them by offering them comfort, kindness, and compassion. Outside of work, Jackie enjoys baking, and actually wanted to own a bakery when she was younger. She also likes working on DIY projects, cooking, reading, and traveling. She has a personal goal of overcoming her fear of flying and looks forward to taking a trip outside of the US one day. A couple of fun facts about Jackie are that she loves sunflowers, elephants, and cups! She collects different kinds of cups and water bottles and would never turn down a Stanley or Starbucks cup to add to her collection. We are so grateful to consider Jackie a member of our Waltonwood Family.

When you see her, do not hesitate to give her a smile!



MAY HIGHLIGHTS

May was filled with celebration, laughter, and meaningful moments at Waltonwood. We kicked off the month with Kentucky Derby festivities, including a themed happy hour and a spirited game of Yay or Neigh trivia that brought excitement and friendly competition among residents. We also celebrated Mother's Day a little early with a special luncheon to honor our wonderful female residents and spend time with their families and loved ones. Another highlight was our annual Waltonwood Prom event, complete with a photo shoot, themed Jeopardy, live entertainment from Ethan Uslan, and the crowning of this year's Prom King and Queen, Lee and Patricia. Residents also enjoyed getting creative throughout the month, including summer door hangers, decorative wooden butterflies, floral salt shaker vases, and butterfly doorknob hangers. As Memorial Day approached, residents gathered in remembrance to honor those who made the ultimate sacrifice while serving our country. We ended the month of May with National Senior Health and Fitness Day, featuring a healthy snack demonstration, a health fair with vendors and stations, and a seated Bollywood dance class that encouraged movement, wellness and fun. We look forward to seeing what June has in store.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Posture by Shirlena Hucks, Forever Fit Coordinator

Sit up straight! Stop slouching! These are words many of us heard while growing up. Good posture is important because, as we mature into our golden years, we naturally begin to lose bone and muscle strength. When we practice regular exercise and physical activity, it helps maintain strength, balance, and flexibility. Although we may not be able to stop the natural degenerative changes that come with aging, we can certainly improve our overall well-being. We can even delay some of the effects of muscle and bone loss. It's great to sit in your favorite chair, but in the long run, comfy chairs can promote slouching and dependency. Eventually, we may become lazy and stiff. I'm not saying you should give up your comfort, but it's important to be mindful of how much time you spend there and counterbalance it with conscious efforts to maintain good posture and core strength through intentional daily movement.

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: Noble Smoke, PF Chang’s, Bossy Beulah’s, Mama Ricotta’s, Brixx Pizza

Friday Outings: Dollar Tree, Target, Scenic Drive, Donuts at Park Road Park

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.

JUNE SPECIAL EVENTS

5

Camp Waltonwood
June 5th beginning at 5:30 pm

12

Father’s Day Dinner
June 12th at 4:30 pm

15

Resident Council Meeting
June 15th at 2:00 pm

28

Educational Seminar with Denise
from CenterWell
June 29th at 2:00 pm



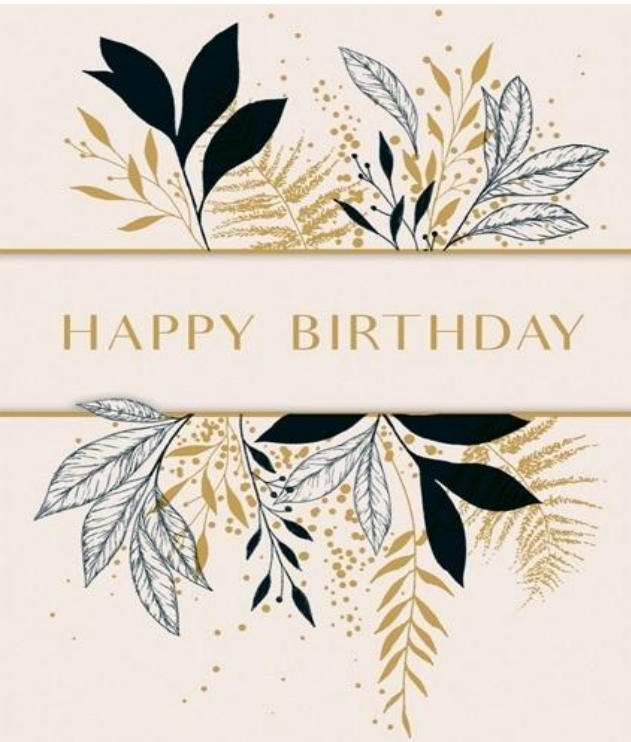
EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,
Welcome June!

As we welcome the summer season, our team has been hard at work refreshing and beautifying the community. Recent updates include pressure washing around the community and courtyards, replacing outdoor cushions, adding colorful seasonal flowers, and laying fresh mulch to enhance our outdoor spaces.

We hope you enjoy these updated areas as you relax, gather with friends and family, and make the most of the beautiful summer season ahead!

Warmest Regards,
Christine Hames
Executive Director



Celebrating Birthdays in June

- 1st – Brenda B.
- 3rd – Jane S.
- 9th – Barbara R.
- 11th – Leonard H.
- 13th – Becky H.
- 17th – Marti H.
- 21st – Camille H.
- 22nd – Mildred R.

“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**
 - 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, June 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, June 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, June 24th at 10:30 am in the Café*
 - Our Culinary Services Manager, Chef Dana Price, hosts a monthly meeting to answer questions related to the culinary department and announce the menu for the upcoming month. We encourage residents to please attend and to come prepared with any questions or comments to share.

ADVENTURE BY WALTONWOOD

Fay went on a special Waltonwood Adventure as she attended a performance by the Charlotte Pride Band. She had the best seat in the house, right in the front row, watching her daughter Roselee perform. For more than four decades, Fay has been a devoted supporter of the performing arts. Music and theatre were a treasured tradition she shared with her husband, Murray, from their beloved fourth row center seats at performances in Tampa. Those special evenings helped inspire her daughter’s lifelong passion for music and the arts, making this experience even more meaningful. We are so grateful to have been part of such a beautiful full circle moment for Fay and her family.



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!