

June 2026

COTSWOLD CONNECT

JUNE 2026

MEMORY CARE EDITION



SINGH

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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 design Father's Day ties at 10am, attend our Father's Day Happy Hour at 3pm, and enjoy our Father's Day Dinner from 4:30pm to 6:30pm 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

Hadiyyah Hilton

Housekeeping Supervisor

Sophia Wicker

Life Enrichment Manager

Jaynie Segal

Marketing Manager

Donna Eaton

Resident Care Manager

Tiffany McKinney

Wellness Coordinator

Dana Price

Culinary Services Manager

John Williams

Environmental Services Manager

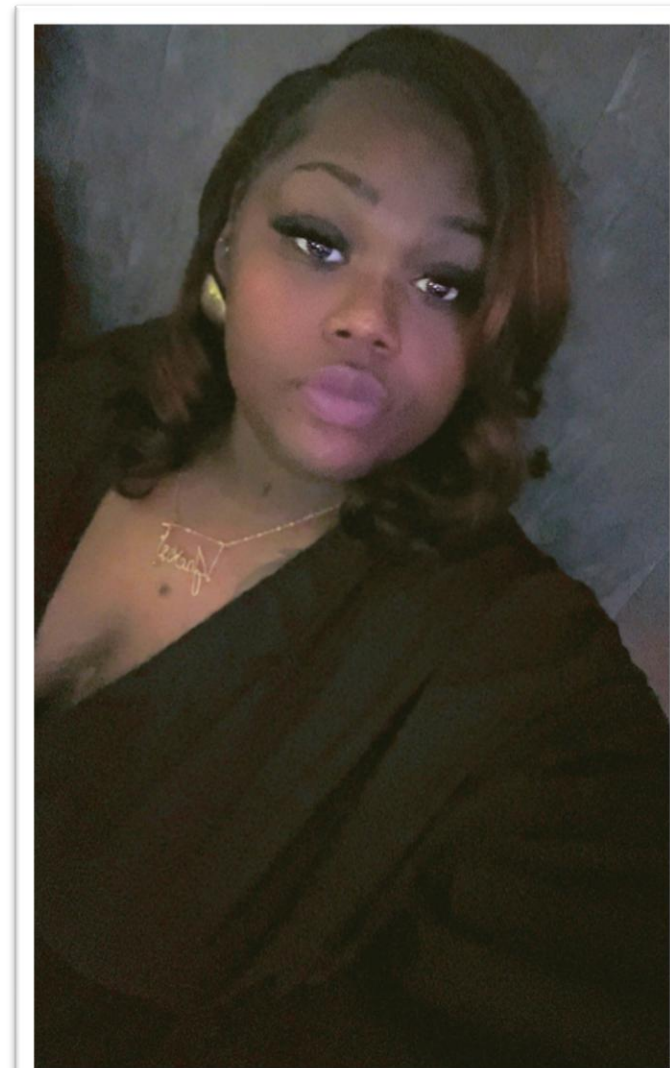
ASSOCIATE SPOTLIGHT JACKIE FOSTER

Jackie is a born and raised 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 everyday. 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 by *Shaniece Davis, LE*

Assistant

This past May at Waltonwood Cotswold we celebrated a vibrant tapestry of moments.

Our entertainment shone with performances by Ethan Uslan, David Jennings, Kyle Kulwicki, John Lewis, the St. Mark's Choir, and Carol Zureick. We especially enjoyed tapping along to the live music kindly provided by Ethan for our 4th annual Prom! Other special events we celebrated include Mother's Day, National Senior Health and Fitness Day, Nurse's Day, Teacher's Day, Memorial Day, Kentucky Derby Day, and Cinco De Mayo. May was full, to say the least!

In our Baker's and Chef's Corners, we delighted in making fresh guacamole, cookies, personal pizzas, poke cake, and strawberry smoothies. Our crafts blossomed with Derby Day horseshoes, spring wreaths, canvas flower vases, painted garden stones, and bud vases. Our armchair travels took us to Mexico, Costa Rica, Jamaica, and Washington, D.C., and our in-person travels took us to Park Road Park, Vara Juice, Outback Steakhouse, and Krispy Kreme.

Every day was a testament to our community's spirit, creativity, and connection. We look forward to experiencing what June holds for us.



Multidimensional Wellness: "Posture" by *Shirlena Hucks, FFC*

"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. However, practicing regular exercise and physical activity helps maintain strength, balance, and flexibility. Although we may not be able to stop the natural degenerative changes, we can certainly increase 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 promote slouching and dependency. You don't have to give up your comfort, but be aware of how much time you spend sitting, 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 offsite outings throughout the week. Please refer to the calendar for the full schedule.

Here are our scheduled outings for the month!

- ❖ June 4th – Super Chixx
- ❖ June 11th – Picnic at Park Road Park
- ❖ June 18th – Yummm Donuts
- ❖ June 25th – Vara Juice



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

5

Camp
Waltonwood

12

Father’s Day
Dinner



19

Juneteenth

21

Father’s Day



EXECUTIVE DIRECTOR CORNER

Welcome, June!

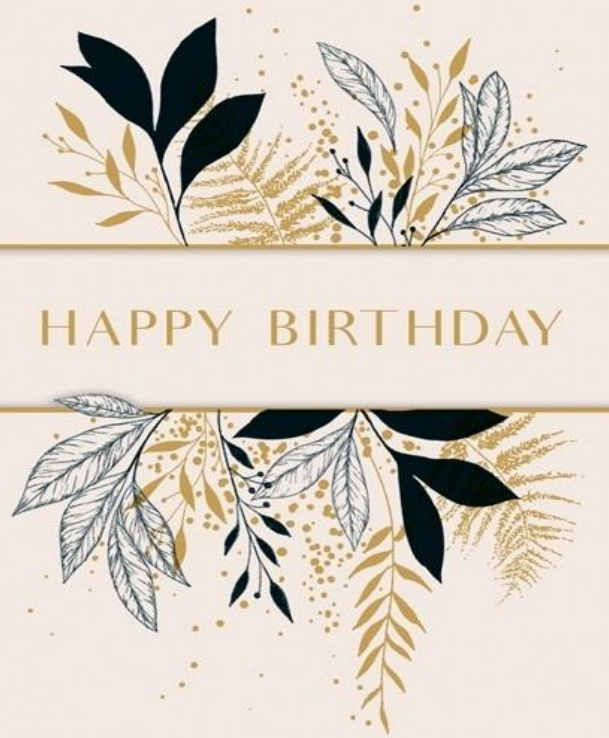
As we welcome the summer season, our team has been hard at work refreshing and beautifying the community. Recent updates include pressure washing around the community and courtyards, replacing outdoor cushions, adding colorful seasonal flowers, and laying fresh mulch to enhance our outdoor spaces.

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!

June 2026

Celebrating Birthdays
This Month

- Jeanette R. – June 6th
- Linda L. – June 13th
- Marjorie C. – June 21st
- Judy B. – June 22nd



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



RESIDENT SPOTLIGHT
HILDE C.



We are delighted to honor Hilde as this month’s Resident of the Month at Waltonwood Cotswold. Born on February 9th in Germany, she is the daughter of Ernest and Meta, and she grew up with three siblings: Anneliese, Gunther, and Irene.

Hilde’s life is a beautiful blend of resilience and grace. After marrying her late husband Gerard, and raising their son Peter, Hilde built a rich, fulfilling life.

Hilde attended Albany Business School, and in her career, she worked in clerical positions as well as in the hospitality industry. Today, she enjoys a peaceful, independent life—often found crafting or relaxing with a good show. Her favorite colors, black and blue, reflect her elegant style, and she has a soft spot for cardinals, roses, and, of course, a scoop of ice cream. As a lover of Christmas, she lights up every room with her warm spirit. We are so proud to celebrate Hilde this month!

IN-ROOM CHANNEL IS
NOW AVAILABLE

channel 1394

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.

\$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!