

# COTSWOLD CONNECT

JULY 2026

ASSISTED LIVING EDITION



*Redefining Retirement Living*

**SINGH**

5215 Randolph Rd., Charlotte, NC 28211

[www.waltonwood.com](http://www.waltonwood.com) | 704-496-9310

Facebook: /WaltonwoodCotswold



## Stars, Stripes, and Waltonwood Pride

July is a month when we celebrate our independence as a nation. It's a time best spent with family and friends as we enjoy the nice weather. Many of us have our own traditions on the Fourth of July, whether that means going to a cookout or watching the fireworks. As we celebrate, please be mindful of the increasing temperatures by wearing hats, using sunscreen, limiting time spent in the sun and drinking plenty of water.

During the month of July, we will be collecting pet supplies to donate to the Humane Society of Charlotte. This pet supply drive will run into early August; all supplies must be turned in for this event by Thursday, August 14<sup>th</sup> at the latest. We will be distributing a flyer with a list of specific supplies that are needed. If you are interested in contributing, donations can be dropped off to the bin located in our front lobby. We appreciate your support and willingness to give back to the local community.

As we reflect on the meaning of independence this month, it's also a fitting time to honor the personal journeys and stories that have shaped each of us. Many of our residents have lived through remarkable moments in history and have their own memories of what freedom and resilience mean. We encourage you to take a moment to share your story or listen to someone else's. You might be surprised by the wisdom and inspiration you'll discover right here in our community.

- 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

### ODALYS BLANCO

We are excited to introduce Odalys as our Associate of the Month! She has worked at Waltonwood Cotswold since 2022 as a server on the culinary team. During her time at Waltonwood, Odalys has served our residents with dedication and care. She enjoys being around the residents and spending time with them dancing, joking, and laughing. In addition to her role at Waltonwood, Odalys also works at a local school, where she is looking forward to receiving a promotion to Assistant Manager of the culinary team. She is a diligent and hardworking individual through and through. Outside of work, Odalys enjoys spending time with her family. She is a proud mother of two boys and four grandbabies! She also loves traveling, going to the beach, and dancing, especially salsa dancing. She hopes to one day visit Spain, Hawaii, and Italy. A fun fact about Odalys is that she holds a cosmetology license in the state of Florida. She enjoys doing her own hair when she has time and finds joy in giving her family makeovers as well.



Odalys is one of the friendliest people you will ever meet, and her smile and positive attitude brighten every room she enters. We are so grateful to have her as a member of the Waltonwood Cotswold family!

## JUNE HIGHLIGHTS

June was packed with memorable experiences, meaningful connections, and plenty of summer fun at Waltonwood. We celebrated Father's Day with a special dinner honoring our resident fathers and their families. Residents and guests enjoyed a Brazilian steakhouse-inspired menu while spending quality time together and recognizing the important role fathers play in our lives. To help beat the summer heat, residents also enjoyed several ice cream socials throughout the month. Creativity was on full display as residents participated in a variety of hands-on projects, including pom pom rainbows, summer ceramic figurines, a Sip and Paint event with Shannon, and colorful watermelon clothespin wreaths. Residents also enjoyed a morning outing to the park, where they shared donuts, conversation, and beautiful weather. One of the biggest highlights of the month was our annual Camp Waltonwood celebration, themed The Great Outdoors. Residents, families, and guests enjoyed an evening filled with adventure-inspired activities, including a rock wall, interactive games and stations, a visit from the North Carolina Wildlife Law Enforcement Division and their patrol boat, and a camping-inspired menu. We look forward to all the exciting adventures that July will bring.



## MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

### Healthy Hydration by Shirlena Hucks, Forever Fit Coordinator

Hydration is very important, especially during the summer, because sweating causes us to lose water. It's not always due to strenuous activity. If it's hot and you're exposed to the heat, whether indoors or outdoors, perspiration is inevitable. Make sure you regularly get plenty of water or other healthy fluids in your system.

Dehydration can sneak up on you, and if you're not careful, it can cause urinary and kidney complications or even heat stroke in severe cases. Even if you don't feel thirsty, try to sip water throughout the day. With all the fancy personal water bottles available nowadays, staying hydrated can also be fashionable!

## 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:** Showmars, Landmark Diner, Leroy Fox, Chicken Salad Chick

**Friday Outings:** Dollar Tree, Marshall's, Target, Cat Café, Scenic Drive

*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.

## JULY SPECIAL EVENTS

4

America's 250<sup>th</sup> Birthday

July 4<sup>th</sup> beginning at 10:30 am

13

A Special Presentation by Emory

July 13<sup>th</sup> at 2:00 pm

20

Resident Council Meeting

July 20<sup>th</sup> at 2:00 pm

27

Wellness Presentation with Emma

July 27<sup>th</sup> at 2:00 pm



## EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

It is with a mix of gratitude and sadness that I share that our Memory Care Life Enrichment Manager, Sophia Yescott Wicker, will be leaving Waltonwood on July 17 as she relocates to Nashville, Tennessee, to be closer to her family. While we are excited for Sophia as she begins this new chapter, she will be deeply missed by our residents, families, and team members. Her kindness, creativity, compassion, and genuine love for our Memory Care residents have made a lasting impact on our community, and we are incredibly grateful for all she has given during her time with us.

While Sophia leaves big shoes to fill, I am pleased to share that Aliyah Bell has been promoted to Memory Care Life Enrichment Manager. Over the past four years, Aliyah has been a valued member of our Life Enrichment team in Assisted Living, and I have every confidence that she will continue to provide the same warmth, dedication, and enriching experiences to our Memory Care residents. Please join me in thanking Sophia for her many contributions, wishing her all the best in her new adventure, and congratulating Aliyah on her well-deserved promotion.

Warmest Regards,

Christine Hames

Executive Director



# HAPPY Birthdays

## Celebrating Birthdays in July

- 2<sup>nd</sup> – John M.
- 7<sup>th</sup> – Lee R.
- 7<sup>th</sup> – Tish P.
- 8<sup>th</sup> – Virginia M.
- 17<sup>th</sup> – Mary Ellen H.
- 19<sup>th</sup> – Elise G.
- 21<sup>st</sup> – Tom T.
- 22<sup>nd</sup> – Sabine B.
- 26<sup>th</sup> – Jerri B.

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

## LIFE ENRICHMENT BULLETIN

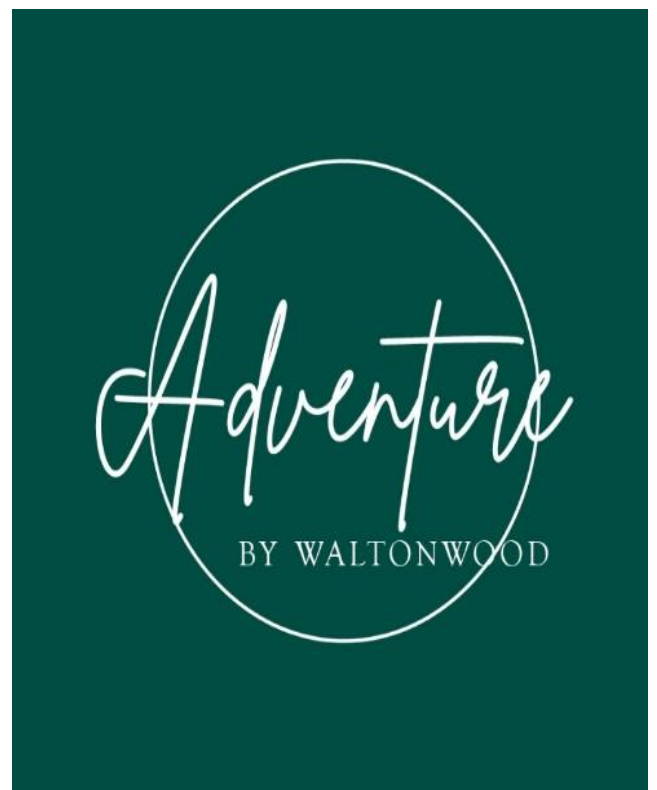
Residents can access the channel that displays in the hallways on their personal TVs. Use the Spectrum TV remote to turn to **channel 1394** to view daily programs, announcements, birthdays, outing information, photo highlights for the month, and more.

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, July 20<sup>th</sup> 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, July 6<sup>th</sup> 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.
- **Culinary Council** – *Meets Wednesday, July 29<sup>th</sup> 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

We are encouraging residents to participate in a 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 Alexis or Sophia in Life Enrichment. Please reach out to a Life Enrichment team member if you have any questions. We are so excited to 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!