

July 2026

COTSWOLD CONNECT

JULY 2026

MEMORY CARE EDITION



SINGH

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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 14th 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

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 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 well. She enjoys being around the residents, spending their time together dancing, joking, and laughing. Besides Waltonwood, Odalys also spends her time working 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 hard worker, through and through!

Outside of work, Odalys spends her time with her family. She is a proud mom of two boys and four grandbabies! She also likes 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 has her cosmetology license in the state of Florida. She loves to do her hair when she has time and finds joy in giving her family makeovers, too.

Odalys is one of the friendliest and smiliest people you will ever meet, and she brings a positive attitude everywhere she goes. We are so grateful to have her as a member of our Waltonwood Cotswold Family!



JUNE HIGHLIGHTS by *Shaniece Davis, LE Assistant*

As the sunshine has grown brighter and the days longer, June has brought an abundance of meaningful moments to our community. We have embraced every opportunity to connect, create, and make new memories together. The spirit of summer has filled our community with joy, curiosity, and plenty of reasons to smile.

This past month we celebrated Father's Day by recognizing the remarkable fathers, grandfathers, and father figures who have shared their wisdom and love with generations of family and friends. Our community also recognized Juneteenth, celebrating freedom, resilience, and the importance of unity.

One of the highlights of June was Camp Waltonwood, where residents and children enjoyed a fun-filled camp experience complete with laughter, friendship, and plenty of summertime spirit.

As we close another wonderful month, we are grateful for every smile shared, every song sung, every adventure explored, and every moment spent together. June reminded us that joy can be found in every experience, whether traveling the world through imagination, baking with friends, enjoying live music, or simply spending time with one another. We look forward to carrying this spirit of connection and adventure into the sunny days of summer ahead.



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

Hydration is very important, especially during the summer, because sweating causes us to lose water. It's not always due to strenuous activities, if it's hot and you're exposed to heat (indoors or outdoors), perspiration is inevitable. Make sure you get plenty of water or some type of healthy liquid in your system regularly. 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 these fancy personal water bottles nowadays, staying hydrated can also be fashionable.

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!

- ❖ July 2nd – House of Pizza
- ❖ July 9th – Ted’s Restaurant
- ❖ July 16th – Eden Café
- ❖ July 23rd – Charlotte Humane Society
- ❖ July 30th – Kripsy Kreme



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

4

America’s 250th Birthday

8

Live Music with Flo-Bone



17

Service Opportunity:
Make Dog Treats
For Humane Society

23

Gorgeous Grandma Day



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.

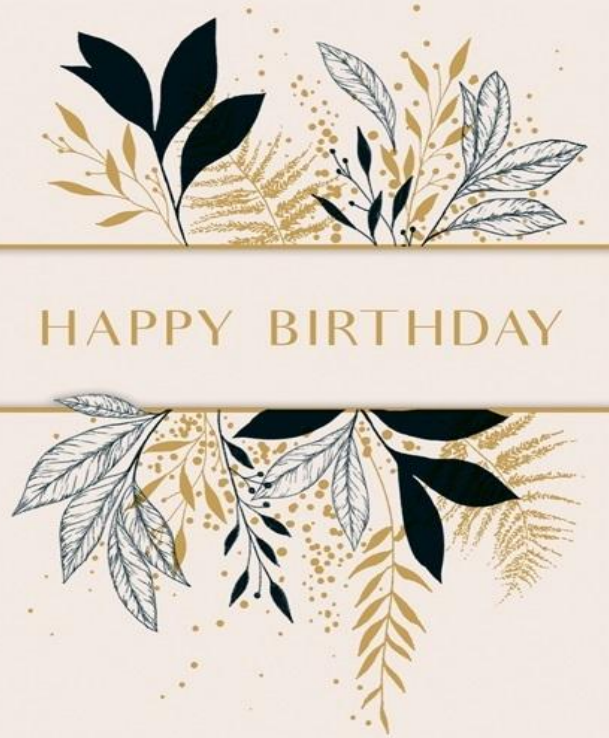
Warmest Regards,
Christine Hames, Executive Director

July 2026

Celebrating Birthdays
This Month

Jody H. – July 25th

Joan K. – July 30th



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



FRIENDS & FAMILY REFERRAL PROGRAM!

RESIDENT SPOTLIGHT
PATTY H.



We are delighted to recognize Patty as our Resident of the Month this July! Patty was born on February 25 to Camilla and Jack Pollock. She grew up alongside her three brothers and spent most of her life in New York. She even attended the New York College of Sacred Hearts. Family has always been at the heart of Patty’s life. She married her beloved husband, Ted, and together they raised a house full of boys.

As a young woman, Patty also had the honor of being an International Debutante, an experience that reflected her elegance, grace, and poise.

Throughout her life, Patty has enjoyed playing the piano, golfing, tennis, and figure skating, to name a few of her hobbies. Later in life, Patty discovered a passion for interior design, which allowed her to express her creativity and eye for beauty.

One of the things that makes Patty so special is her joyful personality. She is always smiling, laughing, and sharing her positive spirit with those around her. Her happiness is truly contagious, often bringing smiles to fellow residents and team members alike. Patty’s warm presence brightens our community each day, and her cheerful outlook serves as a wonderful reminder to find joy in life’s simple moments. Today, we are honored to celebrate Patty’s many accomplishments, treasured memories, and the positivity she brings to our Waltonwood Cotswold family.

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!