

COTSWOLD CONNECT

AUGUST 2026

ASSISTED LIVING EDITION



SINGH

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Facebook: /WaltonwoodCotswold



Soaking Up Summer at Waltonwood Cotswold

August invites us to bask in the summer sunshine and start anticipating the cooler days ahead. It's a wonderful moment to enjoy the present and reflect on the pleasant summer experiences. Take time to appreciate the warmth and vibrancy of the season while preparing for the upcoming changes. Embrace this month as an opportunity to connect with friends and family, making lasting memories before the fall arrives. Enjoy each sunny day and the gentle transition into a new season.

During the first half of August, we will continue collecting pet supplies to donate to the Humane Society of Charlotte. All supplies must be turned in for this event by Thursday, August 14th at the latest. 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 the summer winds down, we encourage everyone to continue staying active and involved. Whether it's attending an exercise class, joining a game, listening to live entertainment, or simply spending time with friends, participating in community life is a wonderful way to support both physical and emotional well-being. Every program is an opportunity to laugh, learn something new, and enjoy the company of neighbors. We hope you'll take advantage of all that August has to offer as we continue making lasting memories together.

- 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

ASSOCIATE SPOTLIGHT

SHANIECE DAVIS

Shaniece is from the great city of Charlotte and has lived here her whole life! She has seen our city go through many changes over the years. She was raised by her dad, Michael Trapp, who was a hard-working, patient, and compassionate father to Shaniece, and she misses him dearly. Shaniece now raises her own Michael, who keeps her on her toes, as 12-year-olds do. Shaniece and Michael enjoy spending time together making music, roller skating, walking in the neighborhood, riding bikes, and more. When Shaniece is not working, some of her other favorite hobbies include gardening, cooking, and expressing her fashion sense, to name a few. Professionally, Shaniece's first job out of high school was at Wachovia Bank, where she worked in the corporate office. She spent 11 years working in banking before making a career switch. Shaniece has always been a caring and empathetic person, making her a great fit for the senior living industry. After witnessing the type of care her grandmother received when she was sick, she realized she felt a strong urge to provide the right care to vulnerable populations. She has loved caring for our residents here at Waltonwood Cotswold, going above and beyond with the compassion she offers them. Despite life's circumstances, Shaniece maintains a positive outlook on life day in and day out! We are so thankful to have her here at Waltonwood Cotswold.



JULY HIGHLIGHTS

July was bursting with creativity, celebration, and memorable experiences for our residents! We kicked off the month with a festive Fourth of July luncheon, complete with all our favorite grilled classics. Patriotic spirit carried through our crafting sessions, where residents made patriotic door hangers, decorative wooden stars, and patriotic ceramic figurines. We took time to honor the wonderful women in our community during Gorgeous Grandma Day with a special DIY Garden Hat craft and a dinner outing to Bonefish Grill, a fan favorite. Residents also enjoyed two themed happy hours this month, cooling off with a refreshing Peachy Keen Happy Hour featuring peach sangria before getting into the holiday spirit early with a festive Christmas in July celebration. We were also thrilled to welcome back our very own resident, Emory, and her friend Dave, known together as Déjà Vu, for another engaging presentation. Their program, *Magic is More Than Pulling Rabbits Out of Hats*, drew a packed house and captivated everyone in attendance. To round out the month, residents visited the Cat Café at the Humane Society of Charlotte to sip coffee and cuddle adoptable cats. We can't wait to see what August has in store.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Strength Matters by Shirlena Hucks, Forever Fit Coordinator

More weight is the last thing most people want to hear regarding their health, but adding weight can help us as we age. The use of machines, dumbbells, and calisthenics can help increase stability, balance, and strength. Joining a class or participating in activities that promote strength and mobility are key to improving and sustaining overall physical function. If you're already doing this, consider amping it up a bit. If you walk for 30 minutes, add 5 more. If you lift 3 lb. weights, increase them to 5 lbs. This doesn't need to be a drastic change. I promise you won't turn into the Incredible Hulk, but our bodies get used to doing the same thing. Although your regular routine is good, making small adjustments can be beneficial, especially if you're looking for changes such as becoming stronger, leaner, or decreasing your risk of heart disease. There are many other benefits as well. If you're interested in more information about resistance training, visit our fitness center to find out what works best for you.

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: Thai House, Eddie’s Place, Super Chix, Paco’s Tacos, The Crust Pizza

Friday Outings: Dollar Tree, Target, Titanic Exhibit, 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.

AUGUST SPECIAL EVENTS

4

MAT Team Visit for Voter Assistance

August 4th beginning at 10:30 am

13

Kindness Council Craft Hour: Paw Print Decorations for HSC

August 13th at 2:00 pm

17

Resident Council Meeting

August 17th at 2:00 pm

22

Glorie’s 100th Birthday Celebration

August 22nd at 2:00 pm



EXECUTIVE DIRECTOR CORNER

Dear Residents,

As we enjoy the sunshine and longer days of summer, I want to offer a friendly reminder to take extra care in the heat to stay safe and comfortable. During the warmer months, it’s especially important to stay well-hydrated. We encourage you to drink water regularly throughout the day—even if you don’t feel thirsty. Cold water is available in both the Lobby and the Hobby Room refrigerator. Please feel free to help yourself at any time.

To stay cool and protected, I also recommend limiting time outdoors during the hottest parts of the day, especially when in direct sunlight. If you do choose to spend time outside, please limit exposure to 15 minutes and let a team member know so we can check on you periodically. For additional comfort and protection, please consider wearing sunscreen, light and breathable clothing, a hat, and sunglasses.

Our team is here to support you. If you’d like help applying sunscreen, need a cool drink, or simply want a break from the heat, please don’t hesitate to ask any member of our staff.

Warmest Regards,
Christine Hames
Executive Director



Celebrating Birthdays in August

- 10th – Jean A.
- 11th – Sandy S.
- 12th – Susan K.
- 21st – Maddy S.
- 23rd – Joe M.
- 24th – Glorie L.



- 27th – Helen W.

“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, August 17th 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, August 3rd 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, August 26th at 10:30 am in the Café*
 - Our Culinary Services Manager 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 Aliyah 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!



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!