

August 2026

COTSWOLD CONNECT

AUGUST 2026

MEMORY CARE EDITION



SINGH

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We've Got Sunshine on Our Minds

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

Hadiyyah Hilton

Housekeeping Supervisor

Aliyah Bell

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 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, 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 time spent together making music, roller skating, walking in the neighborhood, riding bikes, and beyond. When Shaniece is not working, some of her other favorite hobbies are 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, thus 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 that 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 in the compassion that 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 by *Shaniece Davis, LE Assistant*

This month was filled with vibrant experiences and cherished moments. Our entertainment lineup brought pure joy, featuring Carol Zureick, Ethan Usan, Flo Bone, Carol Kelly, Kylie Kulwicki, John Lewis, Patrick Hudson, Jim Ruth, Brian McCarn, and David Jennings, who all captivated us throughout the months. Our outings carried us to beloved spots including Eden Café, Krispy Kreme, and a heartwarming visit to the Humane Society. Our creative spark shined in crafts, from popsicle stick American flags to paper plate ladybugs and tropical watercolors, and even homemade doggy treats to benefit the sweet animals at the Humane Society. In Baker's Corner, we savored chocolate chip cookies, chicken and veggie kabobs, brownies, and blueberry muffins. Our armchair travels took us to the 25 most beautiful destinations in the USA, China, Banff National Park, and the wonders of the Caribbean. On July 23rd, celebrated Gorgeous Grandma Day, honoring the love and wisdom of our beloved residents. We're marching into a season of beauty, connection, and gratitude as we move into August.



Multidimensional Wellness: by *Shirlena Hucks, FFC*

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 offsite outings throughout the week. Please refer to the calendar for the full schedule.

Here are our scheduled outings for the month!

- ❖ August 6th – Dunkin’ Donuts
- ❖ August 13th – Charlotte Humane Society
- ❖ August 20th – Vara Juice
- ❖ August 27th – House of Pizza



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

10

National Lazy
Day

13

Outing to Charlotte Humane
Society

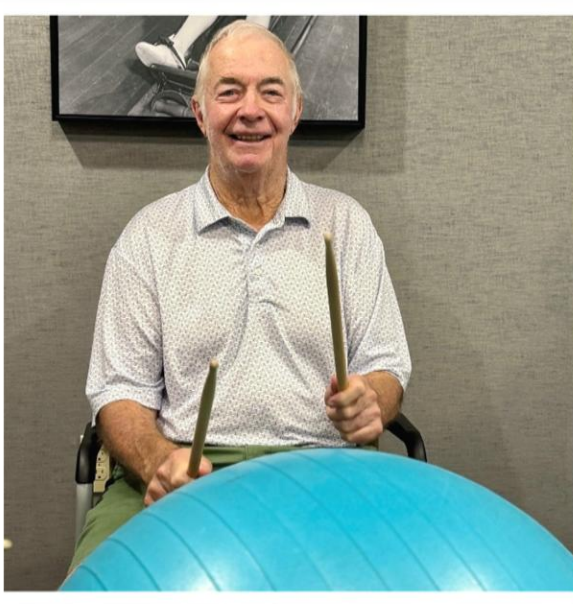


25

First Day of
School for CMS

26

National Women’s Equality
Day



EXECUTIVE DIRECTOR CORNER

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.

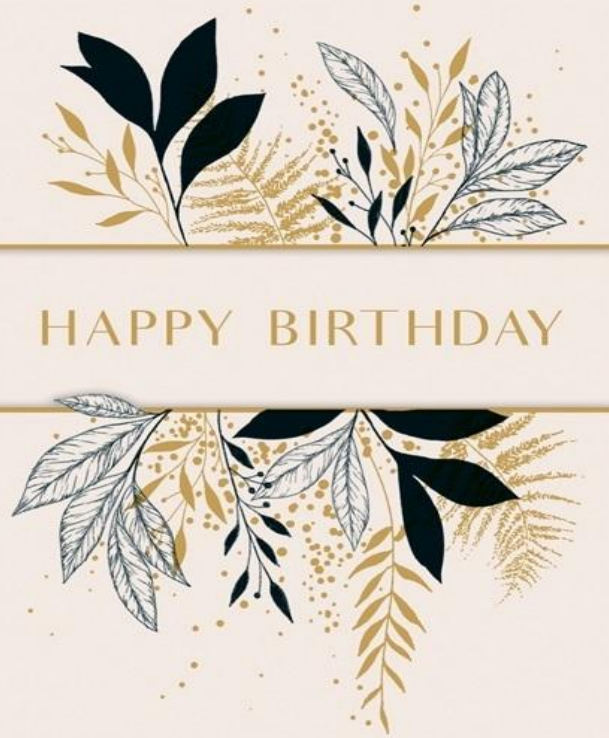
To stay cool and protected, I also recommend limiting time outdoors during the hottest parts of the day, especially when in direct sunlight. If you do choose to spend time outside, please limit exposure to 15 minutes and let a team member know so we can check on you periodically. For additional comfort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

- Amelia S. – August 3rd
- Nancy M. – August 8th
- Patricia S. – August 10th
- Shirlee W. – August 28th
- Karla B. – August 29th
- Claude Z. – August 29th



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



FRIENDS & FAMILY REFERRAL PROGRAM!

RESIDENT SPOTLIGHT
MARSHALL S.



This month, we are honored to celebrate Marshall as our Resident of the Month. Born on May 9 in West Virginia to George and Ruby, he grew up alongside siblings Cindy, Judy, and Ben. Marshall eventually grew up to build a beautiful family with his beloved wife, Kerry. Together, they have three children—Krista, Kendra, and Jason.

Marshall’s zest for life is evident in his passions, whether he’s drag racing, hunting, fishing, boating, or skiing, he brings boundless energy to every adventure. In his younger days, he was a proud produce market owner, a testament to his entrepreneurial spirit. Now, he delights us all as a devoted grandfather to Grey, Reid, Brynlee, and Marley, and as a friendly face in our community.

We are so grateful for Marshall’s warmth, his adventurous spirit, and his rich legacy. Congratulations, Marshall, on being our Resident of the 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!