

COTSWOLD CONNECT

SEPTEMBER 2026

ASSISTED LIVING EDITION



SINGH

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Make It a September to Remember

September ushers in a season of change, as the warmth of summer begins to yield to the crispness of autumn. It's a time to savor the lingering moments of sunshine while welcoming the refreshing coolness of fall. This month offers a perfect blend of reflection and renewal, inviting you to appreciate the beauty of the shifting seasons. Embrace September as a chance to reconnect with loved ones, enjoy the vibrant colors of nature, and create new memories as the year transitions into its final chapters. Cherish each day as the world around us prepares for the peaceful embrace of autumn.

We are excited to celebrate National Assisted Living Week from September 13th through the 19th with this year's theme, "Shining Through the Decades"! Throughout the week, residents and associates will enjoy a variety of fun and exciting events celebrating the memories, music, and moments that have made each decade special. Residents can look forward to our first-ever Uncle Buck's Magic Show, Decades-themed Trivia and Music Bingo, a "Shine Bright" craft, and a Decades of Brilliance Cocktail Hour. We can't wait to celebrate a week filled with fun, laughter, and plenty of opportunities to shine!

We wanted to extend our gratitude to everyone who participated in our humane society donations drive over the summer. Your generosity and support have made a significant impact, helping so many animals at the Humane Society of Charlotte. We couldn't have done it without you!

- 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

TERESA KINUTHIA

We are excited to introduce Teresa as our Associate of the Month! She has worked at Waltonwood Cotswold since 2025 as a housekeeper and brings a positive attitude and dedication to everything she does. Originally from Kenya, Teresa moved to the United States 2 years ago to join her family. Before joining Waltonwood, she worked caring for a family's Airbnb property and also owned her own business selling fresh vegetables. One of

Teresa's favorite parts of her job is cleaning and caring for the residents' rooms. She especially loves seeing the happy faces of the residents after their rooms have been cleaned, knowing that her hard work helps make their home a more comfortable and welcoming place. Outside of work, Teresa enjoys spending time with her family. She and her husband have been married for almost 20 years and are proud parents to three daughters, ages 17, 11 and 5. She also enjoys walking outside, shopping, spending time at the beach and attending church on Sundays. A fun fact about Teresa is that she loves gardening during the summer!

She has a small garden in her backyard where she grows greens, tomatoes and carrots. Additionally, Teresa hope to one day own her own cleaning business. We are so grateful to have her as part of our Waltonwood Cotswold family and appreciate the care, dedication and joy she brings to the residents each day!



AUGUST HIGHLIGHTS

August was filled with kindness, creativity, and joyful connections for our residents! Our creativity continued this month with summer-perfect ceramic bears, ice cream figurines, and watercolor painting sessions. One special highlight was our lively Raksha Bandhan celebration with the Kids Dream Too Foundation. This was an afternoon of music, dancing, laughter, and delicious food that brought everyone together.

We were thrilled to celebrate a very special milestone as our beloved resident, Glorie, turned 100! When Glorie first moved to Waltonwood, she shared that one of her life goals was to live to be 100, and we were honored to celebrate this incredible achievement with her. Her birthday celebration included a certificate from Governor Josh Stein, live music from David Shoff, a heartfelt speech from her son, Peter, and a champagne toast and cake shared with friends and fellow residents. It was a beautiful celebration of an extraordinary woman and a century of wonderful memories.

From giving back and celebrating culture to exploring the city and reconnecting with traditions, August was truly a month full of heart and happiness!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Fall Prevention by Shirlena Hucks, Forever Fit Coordinator

Not only is September the beginning of the fall season, but it is also Fall Prevention Awareness Month. Fall prevention is important all year round. One of the best ways to reduce the risk of injuries is by strengthening bones and muscles. Even small changes can make a big difference. Participating in strength training or other fitness classes at least twice a week can safely improve balance and boost mental sharpness.

It's also important to get adequate rest and maintain a balanced diet, since some falls are caused by fatigue from lack of sleep or weakness from poor nutrition. Start thinking about the steps you can take to reduce your chances of falling. Consider joining fitness classes or working one-on-one with a trainer. It's never too late to begin a routine that will have lasting benefits.

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: Olive Garden, Ace No. 3, Eddie’s Place

Friday Outings: Target, Barnes and Noble, Picnic Outing at Park Road Park, 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.

SEPTEMBER SPECIAL EVENTS

8

Rosh Hashanah Discussion and Celebration with Jewish Family Services

September 8th beginning at 1:00 pm

16

Uncle Buck’s Magic Show

September 16th at 3:30 pm

21

Resident Council Meeting

September 21st at 2:00 pm

23

Breakfast Social with Bluebird Homecare

September 23rd at 9:30 am



EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

Our annual Flu Clinic will be held on **October 13th**. All residents must either consent to receive the flu vaccine or complete a declination form. We will also be offering the COVID-19 vaccine during this year’s clinic.

If you would like your loved one to receive the flu and/or COVID-19 vaccine at our clinic, please complete the consent form. If you plan to decline the flu vaccine, a signed declination form is **required**. Forms are available at the front desk.

If your loved one receives their flu vaccine through their primary care physician, please provide proof of vaccination to the community by **September 18th**.

Please return completed forms to the front desk or email them to Sierra (Sierra.McKoy@singhmail.com) no later than **September 18th** so we can order the appropriate number of vaccines.

Warmest Regards,

Christine Hames

Executive Director



Celebrating Birthdays in September

- 4th – Larry H.
- 5th – Norma C.
- 7th – Dede D.
- 8th – Susan T.
- 11th – Margaret C.
- 14th – Marie H.
- 16th – MEM
- 21st – Patricia M.
- 28th – Tom Z.

“The longer I live, the more beautiful life becomes.”

-Frank Lloyd Wright

LIFE ENRICHMENT BULLETIN

We are excited to announce that we will be hosting two hearing aid clinics in September! Offering two clinic dates will give residents more flexibility and, hopefully, help reduce wait times for services. The clinics will be held on Wednesday, September 9th and Thursday, September 24th at 10:00 AM in the Library. Services are completely free, and residents are welcome to attend either session that works best for them. We look forward to offering this convenient opportunity to our residents!

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.

- **Resident Council** – *Meets Monday, September 21st 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 Tuesday, September 8th at 3:00 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, September 30th 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!