

COTSWOLD CONNECT

SEPTEMBER 2026

ASSISTED LIVING EDITION



SINGH

5215 Randolph Rd., Charlotte, NC 28211

www.waltonwood.com | 704-496-9310

Facebook: /WaltonwoodCotswold



Soaking Up Summer at Waltonwood Cotswold

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

Aliyah Bell

Life Enrichment Manager

Jaynie Segal

Marketing Manager

Tiffany McKinney

Wellness Coordinator

John Williams

Environmental Services Manager

ASSOCIATE SPOTLIGHT

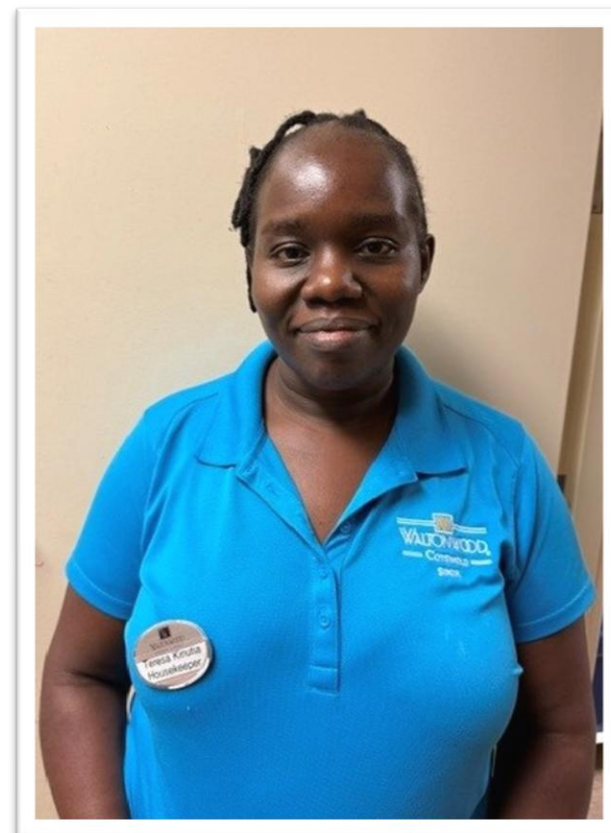
TERESA KINUTHIA

We are excited to introduce Tereasa 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 hopes 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!



SEPTEMBER HIGHLIGHTS

by Shaniece Davis, Life Enrichment Assistant

September at Waltonwood Cotswold was full of energy, creativity and plenty of opportunities to make wonderful memories together. Live performances from Carol Zuriek, Ethan Uslan, Patrick Hudson, David Jennings, Kyle Kulwicki, Carol Kelly, Jim Ruth and Brian McCarn kept toes tapping and smiles wide.

In Baker's Corner, residents baked chocolate chip, sugar and peanut butter cookies, even whipping up fresh homemade whipped cream to enjoy with fresh fruit! Our creative side was on full display as our crafts ranged from DIY wooden watermelon cutouts to back-to-school watercolors to abstract color block canvases, scrapbooking and vision boards.

Outings brought residents to Dunkin' Donuts, the Charlotte Humane Society, Vara Juice and House of Pizza giving everyone a chance to get out into the community and enjoy some favorite local sports. Meanwhile armchair travelers explored Salzburg, the Alps of Austria, Vienna, Italy and the charm of Little Europe. It was a month full of connection, creativity and fun memories.



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: Residents go on scenic drives every Monday at 10:00 am to explore the various sights and neighborhoods that Charlotte has to offer.

Thursday Outings: Amelie’s French Café and Bakery, Ted’s Restaurant, Sips and Dips, Picnic at Park Road Park

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

14

Resident Council Meeting
September 14th at 2:00 pm

16

Uncle Buck’s Magic Show
September 16th at 3:30 pm

18

Sparkle and Shine Happy Hour
September 18th at 3:00 pm

28

Senior Adult Choir Performance
with First Baptist Charlotte
September 28th at 2:00 pm



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

11th – Maxine W.
17th – Betsy B.



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

-Frank Lloyd Wright



FRIENDS & FAMILY REFERRAL PROGRAM!

RESIDENT SPOTLIGHT
GINETTE Z.



This month, we are proud to recognize Ginette as our Resident of the Month. She was born on March 1st in Haiti to Anna Marie and Roland Jolly. One of seven siblings, Ginette moved to the United States in 1960 to further her education. She began her nursing career at St. Joseph Hospital in Paterson, New Jersey, where she served faithfully until retirement.

Family has always been at the center of Ginette’s heart. She is a devoted wife to Clause, proud mother of Claudine and Philippe and a loving grandmother to Skye and Journey. In 2022, she relocated to North Carolina, where her warm spirit continues to touch those around her. She also enjoys cooking and cherishes the time she spent raising her children. Her inspiring life story reminds us that it is never too late to pursue a dream and that a life dedicated to caring for others leaves a legacy that truly makes a difference. Congratulations, Ginette, on being our Resident of the month!

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!