COTSWOLD CONNECT

NOVEMBER 2026

ASSISTED LIVING EDITION

WALTONWOOD®

Redefining Retirement Living

SINGH

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Give Thanks With A Grateful Heart

There is so much to be thankful for here at Waltonwood Cotswold! We are gearing up for the holiday season and look forward to celebrating with all of you. Don't forget to take some time to reflect on everything that you're grateful for during this busy season.

We would like to extend our heartfelt thanks to everyone who contributed to our recent community giving efforts! Your generosity during our toiletries donation drive benefiting Harding University High School helped provide essential items to students and demonstrated the impact of a community coming together to support others. We are equally grateful for your support of our Alzheimer's Association fundraisers over the past few months. We are incredibly proud to share that our Waltonwood Cotswold team raised $11,501.46 for the Alzheimer's Association, and we could not be more thankful for everyone who helped make this possible. We would also like to thank the families and friends who joined us for the annual Walk to End Alzheimer's on October 24th. It was wonderful to see our community come together in support of such an important cause. Thank you for your continued kindness, generosity, and commitment to making a difference in the lives of others!

During the week of Veterans Day, we will celebrate with themed programs each day. On the holiday, we will honor our resident veterans with a special Veterans Day Luncheon and Ceremony. Please see the monthly calendar for more details.

- 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

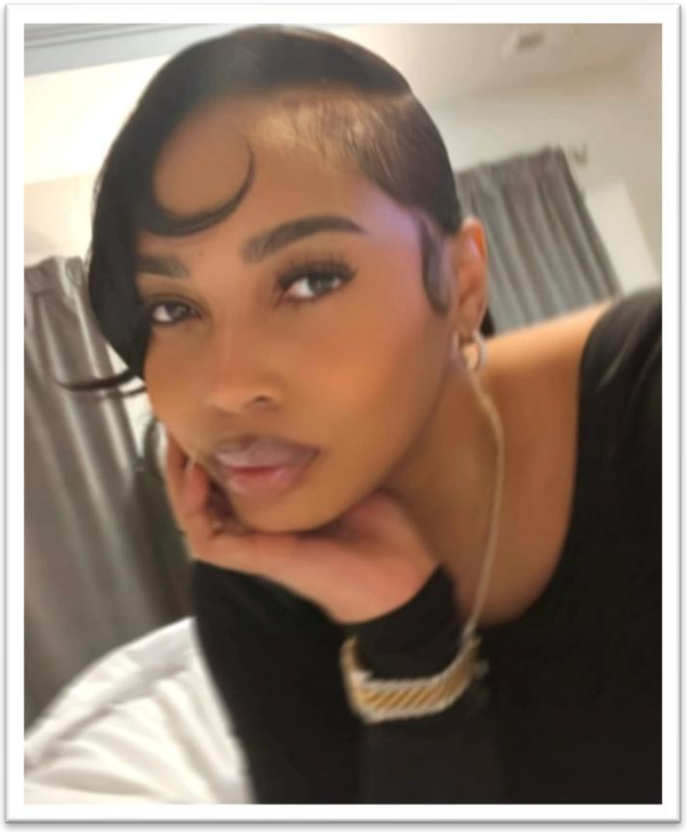
Alexis Spencer
Life Enrichment Manager

Jaynie Segal
Marketing Manager

Seth Castellano
Environmental Services Manager

Naphtali Lockhart
Culinary Services Manager

ASSOCIATE SPOTLIGHT
PORSCHA THOMAS



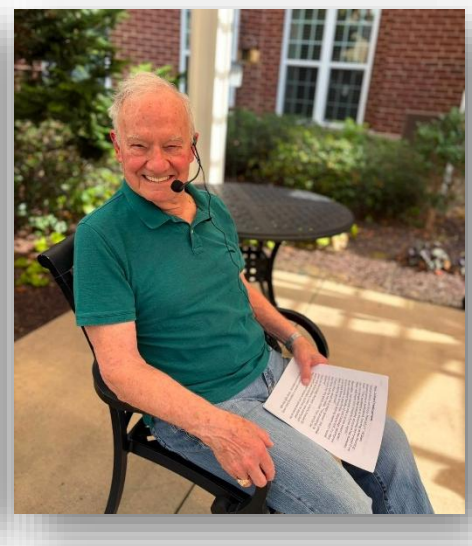
Porscha was born in Decatur, Georgia, and raised in Anson County, North Carolina, before moving to Charlotte eight years ago to be closer to work. She has been part of the Waltonwood Cotswold family for 10 years, having been here since the community first opened! She began her career at Waltonwood as a CNA before transitioning into her current role as a Med Tech. Before joining the team, Porscha explored several career paths, including early childhood development, cosmetology, and office management, before finding her place in senior living. Porscha's favorite part of her job is making sure the residents are happy. She takes pride in helping brighten their days and ensuring they feel cared for. Outside of work, Porscha enjoys attending concerts, watching movies, visiting lounges, going to comedy shows, and practicing Pilates. One of her favorite travel destinations is Barbados, and she would love to return for Carnival someday. Family is an important part of Porscha's life. She is the proud mother of two daughters, ages 18 and 22, and is the youngest of seven siblings and the only girl! Porscha recently graduated from dental assistant school in September and hopes to continue her education and eventually become a dental hygienist. Her advice to others is that it is never too late to go back to school and pursue your dreams. Porscha has truly been such a joy to have as part of our Waltonwood Cotswold family. We are so thankful for the passion, dedication, and heart she brings to our team and our residents each day!

OCTOBER HIGHLIGHTS

October was a month filled with creativity, connection, and plenty of fall spirit. We celebrated Active Aging Week, where residents enjoyed opportunities to stay active, explore new interests, and embrace wellness throughout the week. Residents also enjoyed Project Funway, a fashion show featuring talented associates' clothing and jewelry creations made from recyclable materials. Residents joined the fun as models, and prizes were awarded to the top designs. We welcomed preschool children from Providence Methodist for a special Halloween celebration and enjoyed a festive Halloween Happy Hour. Residents and associates also participated in a victory lap to show support for the annual Walk to End Alzheimer's.

Throughout the month, our community showed support for Breast Cancer Awareness Month by wearing pink on Wednesdays and gathering for a special Pink October Happy Hour. October also brought two exciting firsts to Waltonwood Cotswold: our first-ever courtyard concert featuring Xavier Musique and our first Movie Night in the Courtyard. Residents enjoyed these memorable outdoor experiences while celebrating the beautiful fall season together.









MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Cognitive Resilience & Nurturing the Brain *by Shirlena Hucks, Forever Fit Coordinator*

We've all heard someone say "use your brain," usually meaning think carefully or don't be foolish. But the brain and the mind, while closely connected, are not the same. The brain is a physical organ, while the mind is intangible. It's fascinating to consider how the two interact and depend on each other. Just like any other organ in the body, we must prioritize the health of our brain. When we deprive it of essentials such as water and proper nutrition, its function can suffer—affecting our ability to think clearly. This can lead to brain fog, sluggishness, and decreased mobility. Poor brain health also impacts our emotions and cognitive abilities. Exercise, adequate sleep, nutritious foods, and certain supplements all contribute to overall brain wellness. Likewise, socializing, learning new things, managing stress, and maintaining healthy blood pressure are excellent ways to support both the brain and the mind. Today, we hear more than ever about the importance of mental health—encompassing our emotional, psychological, and social well-being. The brain and mind go hand in hand, so do your best to nurture and care for both.

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: Chicken Salad Chick, Stacks, Showmars, Southern Pecan, Olive Garden

Friday Outings: Barnes and Noble, Target, Marshall's, 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.

NOVEMBER SPECIAL EVENTS

5

Sip and Paint with Shannon

November 5th at 6:00 pm

11

Veterans Day Celebration

November 11th beginning at 10:30 am



16

Resident Council Meeting

November 16th at 2:00 pm

26

Thanksgiving Luncheon

November 26th at 11:30 am

EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

As we welcome the beautiful fall season, we also welcome new beginnings and changes to our leadership team!

I am excited to welcome Seth Castellano as our new Environmental Services Manager**!** Seth brings several years of maintenance experience and, just as importantly, a genuine passion for working with and serving seniors. Please join me in giving Seth a warm welcome!

I also want to share that Tiffany McKinney and Sierra McKoy will be pursuing other opportunities**.** We are sincerely grateful for their contributions to our community and wish them all the best in their future endeavors. During this transition, Jennifer Conlan, RN, our Regional Director of Wellness, will provide additional resident care oversight and support to help ensure continuity and consistency in care. We understand that leadership changes can bring questions or concerns, but please know that our highest priorities remain excellent customer service, quality care, and the well-being of every resident.

Thank you for your continued support as we move into this new season together!

Warmest Regards,

Christine Hames

Executive Director



Celebrating Birthdays in November

5th - Mary C.

11th – Dr. Mildred M.

11th – Nancy V.

11th – Sue J.

15th – Ruth L.

16th – Marion M.

16th – Sharon G.

19th – Donna K.

"The longer I live, the more beautiful life becomes."

-Frank Lloyd Wright

LIFE ENRICHMENT BULLETIN

Our monthly hearing aid clinic will be held on Wednesday, November 11th 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!

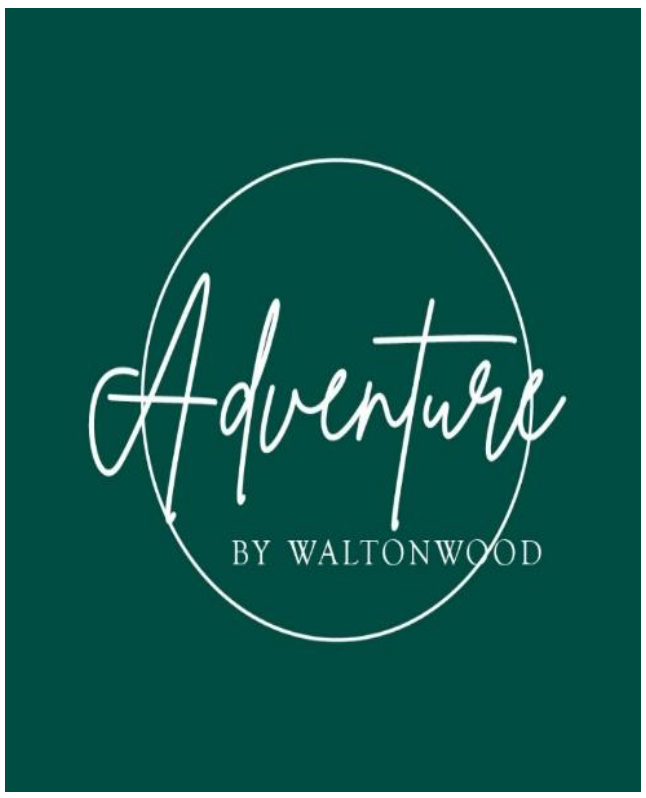
Residents can access the channel that displays in the hallways on their personal TVs. Use the Spectrum TV remote to turn to **channel 1394** to view daily programs, announcements, birthdays, outing information, photo highlights for the month, and more.

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, November 16th 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, November 2nd 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, November 25th 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!





FRIENDS & FAMILY REFERRAL PROGRAM!

$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!