COTSWOLD CONNECT

NOVEMBER 2026

MEMORY CARE 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

Jaynie Segal
Marketing Manager

Aliyah Bell
Life Enrichment Manager

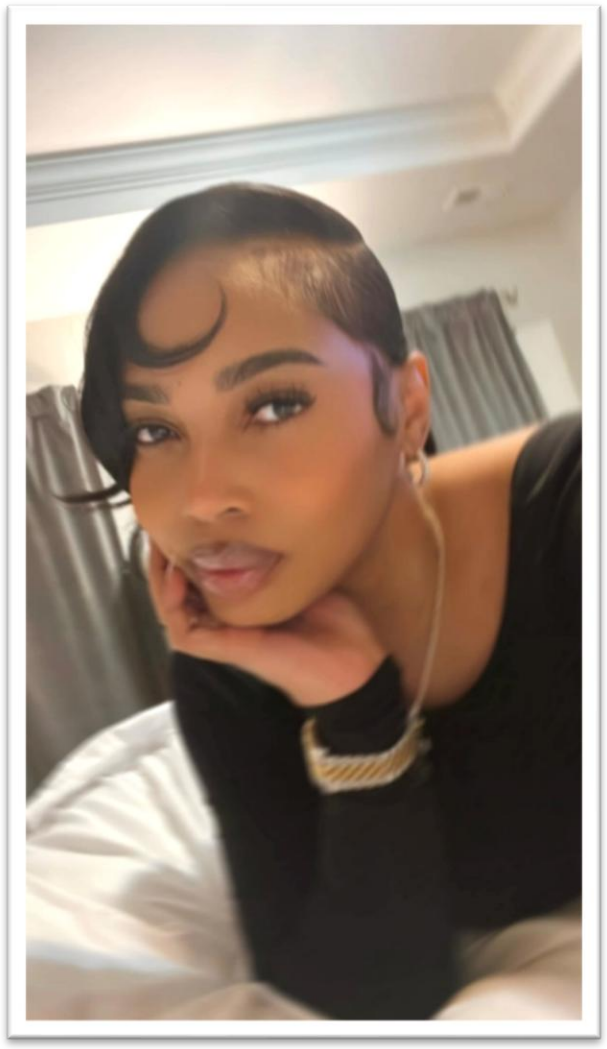
Naphtali Lockhart
Culinary Services Manager

Steven Castellano
Environmental Services Manager

Hadiyyah Hilton
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

PORSCHA THOMAS

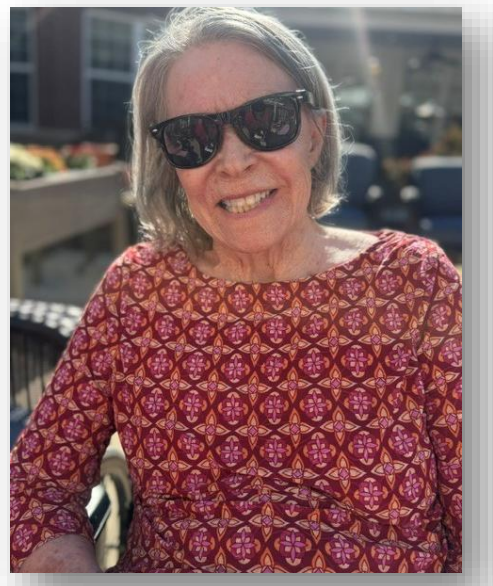


We are excited to introduce Porscha as our Associate of the Month! Porscha was born in Decatour, GA and raised in Anson County before moving to Charlotte 8 years ago to be closer to work. She has been part of the Waltonwood Cotswold family for 10 years, having been here since the community first opened! 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 make their days brighter and ensuring they feel cared for. Outside of work, Porscha enjoys attending concerts, watching movies, visiting lounges, going to comedy shoes 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 7 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 other is that it is never too later 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 to our residents each day!

OCTOBER HIGHLIGHTS

by Shaniece Davis, Life Enrichment Assistant

As the leaves begin to change and the crisp autumn air settles in, October brought a beautiful blend of creativity, adventure, laughter and seasonal fun. Our residents embraced the magic of fall with exciting outings to Starbucks, Mama Ricotta's, Reedy Creek Nature Center, Simpson's Pumpkin Patch and Your Mom's Donuts, creating wonderful opportunities to enjoy delicious treats, explore new surroundings and make lasting memories. Our craft corner was filled with autumn inspiration as residents created fall pedestal decorations, paper plate mushrooms, wooden Halloween frames and painted pumpkins. We also enjoyed a heartwarming reverse trick-or-treating with Providence Methodist Preschool, bringing smiles, connection and a little Halloween magic to our community. In Chef's Corner, we satisfied our seasonal cravings by preparing delicious pigs in a blanket, gooey s'mores, Halloween chocolate-covered pretzels and classic chocolate chip cookies. October also gave us special opportunities to celebrate creativity through Project Funway, our exciting fashion show featuring imaginative designs made from recyclable materials. Additionally, we had our Walk to End Alzheimer's victory lap, where we came together to show support for an important cause. As we welcome the cooler days and cozy comforts of autumn, we are reminded that the sweetest moments are the ones shared.









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 emothions and cognitive abilities. Exercise, adequate sleep, nutritious food and certain supplements all contribute to overall brain wellness. Likewise, socializing, learning new things, managing stress and maintaining health 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: Residents enjoy scenic drives every Monday at 10:00 am to explore the various sights and neighborhoods that Charlotte has to offer.

Thursday Outings: Spoons Acai, Bricktops, Dollar Tree

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

Resident Council

November 5th at 3:00 pm

11

Veterans Day

November 11th



13

World Kindness Day

November 13th

26

Thanksgiving Day 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



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

-Frank Lloyd Wright

RESIDENT SPOTLIGHT
DEDE D.



This month we are delighted to spotlight the lovely Dede as our resident of the month. Born in Los Angeles, California on September 7, Dede is a proud mother of four: Scott, Drew, Brooke and Ashley. As a devoted Christian and homemaker, Dede has always cherished family, kindness and community. Dede thoroughly enjoys staying active and can often be found walking or participating in fitness programs. Throughout her life, she has loved swimming and skiing, especially swimming alongside her sister, Jeanne. Dede is incredibly proud of Jeanne, who competed in the 1964 Tokyo Olympics, a remarkable accomplishment that holds a special place in her heart! In addition to staying active, Dede loves dogs and enjoys life's simple pleasures, whether it's sipping on a Diet Coke or a glass of Chardonnay. Above all, she finds the greatest joy in helping others and staying connected with the people she loves. Her sense of purpose really shines through in the warmth she brings to Waltonwood. We are thrilled to celebrate Dede as 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!

Adventure
BY WALTONWOOD



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!