

PRESS RELEASE

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FOR IMMEDIATE RELEASE
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CHARLOTTE SENIOR LIVING EXPERTS PROVIDE TIPS AND SUPPORT TO CAREGIVERS AND HONOR THEIR TEAM DURING NATIONAL FAMILY CAREGIVERS MONTH

CHARLOTTE, N.C., November 16, 2016 – As we become adults, we enter many roles in life we may not be entirely ready to fill – whether it’s a job promotion, becoming a spouse or parent, or a caregiver for someone we love. While research, education and experience can help parents or employees succeed, caregiving is typically unfamiliar territory for many families. Most people do not seek information until a health concern exists. As November commemorates **National Family Caregivers Month**, Waltonwood Cotswold seeks to offer helpful tips to families in the area who are currently providing extra assistance to a loved one or who may be in the future. Their knowledgeable staff has years of experience in senior living and helping families to get the care their loved ones need and deserve. In addition, the community is recognizing its own caregivers – who provide support 24 hours a day to the residents. Waltonwood Cotswold will be honoring its caregivers with a celebration on Tuesday, **November 22 from 6-7 a.m. and 2-4 p.m.** (5215 Randolph Road in Charlotte). Caregivers will come and go to receive catered treats, and supervisors and residents are hand-making cards with special messages of thanks to hand out during the events.

“Our caregivers are the face of Waltonwood. They make sure our residents are cared for, which gives peace of mind to residents and their families,” said Leah Nash, executive director of Waltonwood Cotswold. “As we go through our first year, we’re establishing traditions we plan to carry on for years to come, and honoring caregivers during National Family Caregivers Month is one of them.”

Phyllis Love is a caregiver, medical technician, and supervisor at Waltonwood Cotswold. She has worked with seniors for six years and considers it her life calling. She enjoys what she does, and finds great satisfaction in working hard to meet the residents’ needs.

“For them to honor us is so special,” said Love. “It’s nice to know that the work we do as caregivers doesn’t go unnoticed. The appreciation and our own personal desire to make a positive difference keep us going when we have a challenging day. I truly love working at Waltonwood Cotswold, the staff, families and residents make my job easy, and I’m so grateful to be able to do what I love on a daily basis.”

Love and her fellow caregivers know that there are many families in the community who care for their loved ones inside their homes and work around the clock to make that person's life as easy as possible.

In light of National Family Caregivers Month and as the holidays approach, the community wants to be a resource for families who might need extra help or a place to turn. Families might see signs that their loved ones need more assistance, but they may not know what to do or where to seek help.

"My biggest piece of advice I have for families is to have patience, listen to your loved one's thoughts and ideas to gauge their likes and dislikes. Communicate with them to find out activities they might enjoy, or try something new," said Love. "This role is about being selfless, and is one that takes a team effort in order to do effectively. We want to help families in the community and be a part of their team in any way they need help."

One of the hardest things to recognize is when you need to take that step and reach out to others for help. The team of trained professionals at Waltonwood Cotswold came up with some pointers for families to consider when thinking about finding extra care for loved ones:

1. Seek support from other caregivers and experts in your area. You can find other caregivers or caregiver support groups through Waltonwood Cotswold, local churches, senior centers or senior living communities.
2. Take care of your own health. While this may be easier said than done, your health is vital to the person you are providing care to, and their care depends upon your whole-body health. Make sure you're getting enough sleep, exercising and taking vitamins.
3. Accept help from others. Whether it's cooking a meal, running an errand or just keeping you company, giving tasks to those who want to assist can give caregivers time to recharge and not feel so alone.
4. Write things down. Whether it's a note from a doctor's appointment, a meeting with hospice or home health, or a grocery list, writing things down increases the chance that they'll be remembered later and these notes can be referenced when you need them. It also decreases stress associated with forgetting important details.
5. Don't be afraid to ask questions. Whether it's a doctor, nurse, Veteran's Affairs or other community organizations you may need help from, asking questions and seeking answers as an advocate for your loved ones is the best way to ensure they get the care they deserve.

If you are a member of the media interested in setting up an interview or attending the activity, please contact Susan Hoover via phone at 214-378-7970 ext. 304 or email at shoover@fortegroupinc.com or Amy Jones via phone at 214-378-7970 ext. 302 or email at ajones@fortegroupinc.com.

ABOUT WALTONWOOD COTSWOLD



5215 Randolph Road
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Waltonwood Cotswold opened in August 2016 and offers seniors a dignified, individualized community where residents can thrive. The senior living community offers assisted living and memory care apartments in private one- and two-bedroom and studio floor plans for up to 117 residents. Residents will live in luxury accommodations with many engaging amenities, including elegantly appointed common areas and restaurant-style dining. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program and a Montessori-based dementia care program. The community is located close to Uptown and South Park Charlotte, with easy access to retail shopping, churches, hospitals, dining and entertainment.

In 1973 Gurmale Singh Grewal, along with his brothers Lushman and Jeat, established Singh as a family-owned company and for 43 years Singh remains multifaceted in real estate development, with a strong foundation in luxury apartments, commercial properties, land development, high-end single family homes and, for nearly 30 years, senior living communities which have been branded "Waltonwood." The vertical integration of the company, which provides for development, construction, finance and management under one umbrella, allows Singh to be poised for new opportunities in expanding markets. All projects are wholly owned by Singh and continue to be owned and managed by Singh.

With regional offices in Cary, NC, Singh has made a strong commitment to expansion of its brand into the southeast markets. Learn more about Singh and its Waltonwood communities at www.singhweb.com. If you are interested in learning more about Waltonwood Cotswold, please visit www.waltonwood.com or call 704-490-4330.

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