

## PRESS RELEASE

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FOR IMMEDIATE RELEASE  
November xx, 2016

### **Waltonwood Cotswold Now Open to Serve Assisted Living and Memory Care Residents**

CHARLOTTE, N.C., November xx, 2016 –

Phyllis Love is a medical technician, caregiver and supervisor at Waltonwood Cotswold. She has worked with seniors for six years and considers it her life calling. While she enjoys what she does, she knows that it can be a hard job day-in and day-out.

“For them to honor us is so special,” said Love. “It’s nice to know that the work we do as caregiver’s doesn’t go unnoticed and it’s things like that that keep us going when we’ve had a bad 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 on National Caregiver Month and as the holidays approach, they wanted to be a resource to 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.

One of the hardest things to recognize is when you need to take that step and reach out to others for help. Along with the team of trained professionals at Mustang Creek Estates of Burleson, we came up with some pointers you and your family should consider when thinking about finding extra care for your loved ones:

1. Seek support from other caregivers and experts in your area. You can find other caregivers or caregivers support groups through Mustang Creek Estates of Burleson, 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 one 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](mailto:shoover@fortegroupinc.com) or Amy Jones via phone at 214-378-7970 ext. 302 or email at [ajones@fortegroupinc.com](mailto:ajones@fortegroupinc.com).

## **ABOUT WALTONWOOD COTSWOLD**

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.



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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](http://www.singhweb.com). If you are interested in learning more about Waltonwood Cotswold, please visit [www.waltonwood.com](http://www.waltonwood.com) or call 704-490-4330.

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**Photo Courtesy of Waltonwood Cotswold:**

**Photo 1:** Waltonwood Cotswold

**Photo 2:** Executive Director of Waltonwood Cotswold Leah Nash