

ASHBURN CONNECT

NOVEMBER 2018



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COMMUNITY MANAGEMENT

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Liza Watkins
IL Life Enrichment Manager

Kate Ritchie
MC Life Enrichment Manager

UPCOMING EVENT HIGHLIGHTS

Welcome to our first monthly newsletter! November is bustling with many themed events. We get an extra hour of sleep so don't forget to turn your clocks back one hour before going to bed on Saturday, 11/3. Election Day is coming up so be sure to hop on the bus to vote. Help us honor our Veteran's with various events going on throughout the day. Stop by the front lobby to check out the White Table and its significance. Casino Night is another exciting event. Come play for free with funny money, turn it in at the end of the evening & win real prizes. We're even having practice sessions prior to the event so you know how to play the games. Old Dominion Chorus is here for an autumn concert. The following day Rachel is bringing her students for a piano recital. The Ashburn Fire Department is here to share basic fire safety with us. And to end out the month we're continuing our reading program at Dominion Trail Elementary. Please join us for all the fun! Hope to see you here!

ASSOCIATE SPOTLIGHT

We are pleased to announce that Waltonwood Ashburn has a new volunteer ombudsman working on behalf of our residents. Precious Dennis represents the Northern Virginia Long-Term Care Ombudsman Program, a public service devoted to promoting high quality care for residents of assisted living facilities and nursing facilities. Precious will assist residents and their families in addressing any concerns that they may have about Waltonwood with the appropriate staff. Precious is available to serve as a resident advocate, a negotiator, an observer, and a listener. Private conversations with the Volunteer Ombudsman are kept confidential and a resident's permission will be obtained before he/she raises resident concerns with the facility staff. Anyone wishing to speak with Precious can call the Ombudsman Program at (703) 324-5861.



OCTOBER HIGHLIGHTS

5

Happy Hour & Sleight of Hand Magic Show with Sly

12

Oktoberfest themed puzzles & games, Oktoberfest Party & Accordionist, Sylvia Eberly

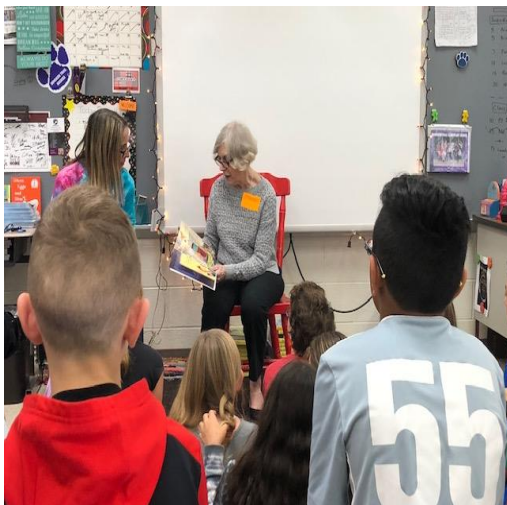


23

We're headed to Dominion Trail Elementary School to start a reading program. We'd love you to join us!

31

Halloween themed puzzles & games, Halloween Party, Community Trick or Treating



FOREVER FIT/WEELLNESS TOPIC/LE

Sue Thompson-Popper has recently joined the Waltonwood Ashburn Team. She's an Ohio girl-graduating from Miami University in Ohio with a BA in English. She spent the first 22 years of her career in broadcasting, the last 10 years as a Traffic Reporter in Washington, DC. After losing 45 pounds with the help of a local Personal Trainer and Registered Dietician, she decided five years ago to become a Personal Trainer. She received her Personal Training Certification through the National Academy of Sports Medicine and a Level 1 Nutrition Certification through Precision Nutrition. She has spent the last four years teaching Gentle Fitness classes for seniors, providing Nutrition Coaching and Personal Training for numerous clients and teaching other classes including Circuit Training and Boot Camp classes. Sue has become passionate about quality of life issues and wants to continue assisting Seniors in living strong and healthy lives. She recently received her Certification as a Peer Educator for the American Bone Health Organization. She's looking forward to meeting and working with the Waltonwood residents!

TRANSPORTATION INFORMATION & UPCOMING TRIPS

As a reminder, the bus is available for individual appointments on Monday & Thursday between 9am-12pm & 1pm-3:30pm. We also have some fun outings coming up in November. Please join us.

- 11/6 Election Day Voting Trip 11am
- 11/13 Lunch Bunch: Iron Grill (Hibachi) 12pm
- 11/20 Regal Cinema TBD
- 11/27 Dominion Trail Elementary School Reading Trip 10:30am

Please let Jocelyn know if you are interested in participating in the above trips so that a spot can be reserved for you.

NOVEMBER SPECIAL EVENTS

2

Happy Hour & Show with the Carmen Shippey Belly Dancers

11

Veteran's Day themed puzzles & games, Concert with Michael Terence & Alyce Smith

14

Join us for Casino Night from 7-9pm. Learn how to play the games during the week prior to the event.

22

Thanksgiving themed history, puzzles & games, Macy's Day Parade, Luncheon from 11am-2pm.



EXECUTIVE DIRECTOR CORNER

Happy November! It's amazing to think that just one year ago we opened our doors to the first residents of Waltonwood Ashburn. We have had an exciting year with so many new adventures and additions to our Waltonwood family. Our new monthly newsletter will be a chance for my team to provide announcements of upcoming events, updates on changes in the community, and education on active senior living.

I'm pleased to announce that we will be holding our first Thanksgiving luncheon here at the community on Thanksgiving Day. Please RSVP to our concierge team with your reservations. We all look forward to seeing you during this holiday season. Thank you for placing your trust in Waltonwood Ashburn.



November Highlights

- Happy Hour & Show with Carmen Shippey Belly Dancers
- Tai Chi with Yuping
- Veteran’s Day Concert with Michael & Alyce
- Casino Night
- Happy Hour & Concert with Morrie Kelsey
- Old Dominion Chorus
- Rachel H Student Piano Recital
- Thanksgiving Luncheon
- Happy Hour & Concert with Jim West
- Happy Hour & Concert with Karen Devitt

CHEF’S COOKING DEMONSTRATIONS

7

Action Station: Pan Seared Tuna Cake for lunch

22

Traditional Thanksgiving Luncheon. Invite your families to join us. \$20 for adults, \$10 for children

14

Action Station: Asian Beef Stir Fry for dinner

28

Action Station: Make your own pizza for lunch

Pan Fried Pasta with Squash, Sage and Pine Nuts

- 1 medium butternut squash
- 1 small sweet onion, peeled and diced
- 3 cloves garlic, minced
- Olive oil
- Salt and pepper
- 1/2 cup fresh sage leaves
- 1 pound farfalle pasta
- 3/4 cup pine nuts, toasted
- 4 ounces high quality Parmesan, shredded or shaved (about a cup total)

Heat the oven to 375°. Cut the butternut squash in half and scoop out the strings and seeds the middle cavity. Flip the squash halves upside down and peel them. Cut the squash into 1-inch cubes. Toss with the onion, garlic, a drizzle of olive oil and salt and pepper. Mince about half of the fresh sage leaves and also toss with the squash. Spread the squash mixture in a thin layer on a large baking sheet and roast for about 40 minutes or until the squash is soft. Heat salted pasta water to boiling and cook the farfalle until al dente. Drain and set aside. As the squash finishes roasting, heat about two tablespoons of olive oil in a large high-sided sauté pan. The oil is ready when it pops and sputters. (Don't let it start smoking.) Drop in the rest of the sage leaves and fry for about a minute, or until they begin to just shrivel up. Remove with a slotted spoon and salt lightly. Crush with the back of a spoon. Add half the pasta to the pan, along with half the roasted squash mixture. Crumble in half the sage. Cook, stirring frequently, for five minutes or until the pasta is heated through and getting crispy on some of the edges. Add the pine nuts and cook for another minute. Stir in half the cheese and serve.

-Faith Durand/Chef Jessica Bartol Regional Director of Culinary Services



\$1,000 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!

FRIENDS & FAMILY REFERRAL PROGRAM!