

ASHBURN CONNECT

NOVEMBER 2018



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WALTONWOOD WELCOME

Welcome to the inaugural publication of Waltonwood's community newsletter. As the leader in redefining senior living, we are continuously evolving. From our seasonal cuisine to our wellness programs, we are thankful to share this improvement in communication with you. Within the newsletter, you'll find highlights of the previous months' programs, providing updates on community development and keeping residents and families abreast of current happenings.

During the season of gratitude, we reflect upon those who have served and those who are currently serving our country. With grateful hearts, all of us at Waltonwood thank you for your service and sacrifice. Please visit The White Table in the front lobby as we pay tribute to our military.

May this season fill you with gratitude, crisp air and plentiful opportunities to make memories.

-Your Waltonwood Family

COMMUNITY MANAGEMENT

Justin Roberts
Executive Director

Jenna Harrington
Business Office Manager

Tiffany Ashton
Marketing Manager

Kathleen Kisiah
Marketing Manager

John Harder
Culinary Services Manager

Rudy Williamson
Maintenance Manager

Chandis Parris
Independent Living Manager

Lea Wotorson
Resident Care Manager

Sharon Staten
AL Wellness Coordinator

Mary Franck-Rolin
MC Wellness Coordinator

Jocelyn Jackson
AL Life Enrichment Manager

Liza Watkins
IL Life Enrichment Manager

Kate Ritchie
MC Life Enrichment Manager

ASSOCIATE SPOTLIGHT

WANDA IS OUR EMPLOYEE OF THE MONTH FOR SEPTEMBER, SHE IS OUR WONDERFUL LEAD CONCIERGE COVERING THE INDEPENDENT LIVING DESK. WANDA'S HOMETOWN IS WARNER ROBINS, GEORGIA.

WANDA WENT TO MACON STATE COLLEGE. WANDA LIVES IN ASHBURN WITH HER HUSBAND STEVE, SHE HAS TWO STEPSONS AND THREE GRANDSONS. WANDA HAS BEEN LIVING IN VIRGINIA FOR 3 YEARS. HER HOBBIES INCLUDE MEETING DIFFERENT PEOPLE, TRAVELING COLLEGE FOOTBALL- ESPECIALLY THE GEORGIA BULLDOGS, READING AND HIKING. WANDA LIVES IN ASHBURN WITH HER HUSBAND AND HER TWO DOGS PEPPER AND CHARLIE.



OCTOBER HIGHLIGHTS

01 End of Summer

Luau with Hula Dancer performance and Hawaiiin Buffet Dinner!

02

Oktoberfest Happy Hour!

03

Great trip to Winery 32 in Leesburg

04

A group of Residents helping to make Breast Cancer Awareness Ribbons for our Community



WORDS OF WELLNESS

Thank you for the wonderful, warm welcome that I've recieved here at Waltonwood! I have been truly grateful for the opportunity that I've received in meeting most of our residents and getting to know some of you. Over the next few weeks, I will be scheduling private fitness and nutrition consultations with residents. I'm interested in speaking to you about your fitness goals, nutrition questions and helping you put together your own fitness plan. Over the next few months, new classes that will address balance, posture and basic strength training will be added to the schedule. In addition, I'll be putting together some special seminars and speaking engagements for this Fall and Winter. Our first presentation on the importance of bone density will be held on November 13th in Singh College. We'll be doing a follow up bone density screening for residents who might be interested in learning what their bone density scores are. Again, thank you for the opportunity to get to know you and I look forward to working with each of you. Sincerely, Sue

TRANSPORTATION INFORMATION

We have an exciting and busy November coming up as we welcome the Holiday season and the cold weather. Sign up for the following trips with our Concierge to ensure your spot, as spaces fill up fast!

November 2nd – Free Irish Music Concert at Christ the Redeemer

November 6th- Election Day Shuttle

November 9th- Trip to the DC Holocaust Museum

November 16th- Lunch at King Street Oyster Bar

November 23rd- Movie Outing

November 30th- Lunch Cruise on the Spirit of Washington

NOVEMBER SPECIAL EVENTS

12

Veterans Day Recognition
Lunch

13

Bone Health Presentation
with Sue

17

Old Dominion Chorus
Performance

22

Thanksgiving Day



EXECUTIVE DIRECTOR CORNER- THIS “JUST-IN”

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 see you during this holiday season. Thank you for placing your trust in Waltonwood Ashburn.

Justin Roberts

CHEF'S COOKING DEMONSTRATIONS

06

Steak Diane with Scalloped Potatoes
and Roasted Celery Root

20

Rib Station with Mac and Cheese and
Braised Greens

22

Traditional Thanksgiving Luncheon.

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

26

Interactive Cooking Demo with Chef

John: Winter Soup

Celebrating Birthday's In November

Fran K. 11/4

Ginny M. 11/12

Dorie L. 11/19

Eleanor C. 11/24

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 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

FRIENDS & FAMILY REFERRAL PROGRAM!

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!