

ASHBURN CONNECT

DECEMBER 2018



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UPCOMING EVENT HIGHLIGHTS

Brr! It's getting cold outside! Come on into Waltonwood & warm your hands & feet by the fire. Enjoy our beautiful holiday décor and yummy holiday treats! Join us for our many upcoming events listed in this newsletter. We have special holiday themed activities, cooking demos, speakers, concerts, outings, games & much much more. Come "Home for the Holidays" and join us for our Open House on Thursday, 12/6 from 3-6pm. Enjoy the music, food, make a craft and take a tour of our beautiful community. Stay warm. Happy holidays to all!

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

Please help me congratulate Waltonwood’s Employee of the Month, Kettly Decady. Kettly has worked at Waltonwood since May 2018 as a cook. Kettly loves working at Waltonwood; and without being asked, willingly volunteers to jump in and help out whenever and wherever it is needed. She can frequently be seen washing dishes and assisting fellow staff members with their many tasks. Kettly even asks to come in on her days off so her co-workers won’t have to work alone. We sincerely thank Kettly for her dedication to our community.

In Kettly’s spare time she can be found traveling to New York with her husband and visiting her son who attends Pace University. Kettly also loves shopping and dancing. Congratulations Kettly!



NOVEMBER HIGHLIGHTS

2

Carmen Shippey
Belly Dance
Company was here!

6

We headed to the
polls to vote!



11

Little Tots Music
Together gave us a
patriotic visit.

14

We had our 1st
Annual Casino
Night. It was a
HUGE success!!



FOREVER FIT/WELLNESS: HOLIDAY HEALTH

It seems hard to believe that another holiday season is already upon us. Whether it’s searching for the perfect gift for a loved one or filling our calendars with parties and gatherings, there just never seems to be enough time to squeeze in all the season has to offer. The hustle and bustle of December can certainly be hectic but don’t let the holiday stress slow you down. Keep these “3M’s” in mind during the coming weeks to ensure you have a happy and healthy holiday.

- **Moderation.** Tis the season for overindulgence, which makes pacing yourself even more important this time of year. From the food you eat to the hours you sleep, don’t completely neglect the healthy habits you kept the other 11 months of the year. Try to keep your favorite treats within reason, you’ll feel better and still get to enjoy those things you love.
- **Move.** Making it to the gym or fitness center may be a little more difficult at this time of year but that doesn’t mean you can’t be active. Aim for 30 minutes of exercise each and every day to keep healthy and strong all winter long.
- **Manage Stress.** The holidays can be overwhelming for anyone and how we manage the stress that it brings can greatly impact our overall health. Find healthy outlets and let the joy and laughter that family and friends bring to help manage even the most stressful days.

Have a safe, happy and healthy holiday!

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 December. Please join us.

- 12/4 Target 11:00am-1:00pm
- 12/4 Bull Run Festival of Lights 6:30-8:30pm
- 12/11 Lunch Bunch: Sweetwater 12:00-2:00pm
- 12/18 Regal Cinema Trip TBA

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

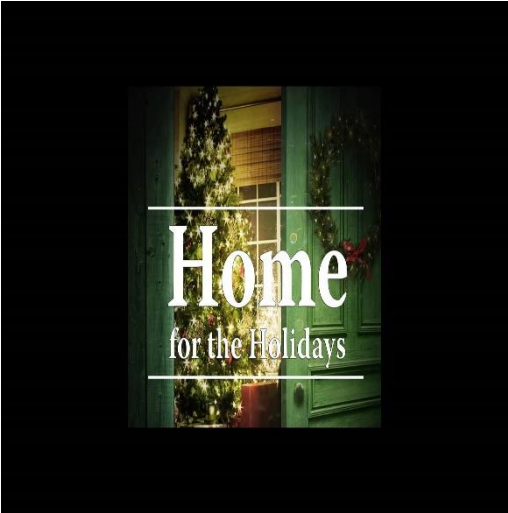
DECEMBER SPECIAL EVENTS

4

The Big Tots are coming to make holiday cards with us

6

Home for the Holidays holiday open house



15

Cup O' Tea Christmas Tea Party with Mariam

22

On That Note Cabaret: Let It Snow



EXECUTIVE DIRECTOR CORNER

It has been a dynamic 2018 with so many new memories and friendship being made. It brings me so much joy to see our community grow and thrive. We will close out the year with our annual resident holiday celebration on the December 6th and our team member holiday party on the 13th. Beth Siatta will be taking over for John Harder and joined our leadership team as the Culinary Service Manager. John has done a fantastic job starting our community and we wish him the best of luck.

With the holiday season in full swing, I'd like to share what I'm thankful for. I'm truly thankful for my family, health, and opportunity to give back to our residents and team members. I look forward to spending this season with all of you. Happy Holidays!!



December Highlights

- Blue Ridge Thunder Cloggers Holiday Dance Show
- Concert with the Nguyen Brothers
- Renea D Student Winter Concert
- Little Tots Music Together Holiday Sing Along
- Gingerbread Decorating
- Harp Concert with Mary Moles
- Andre Trong Choir
- Brownie Troop Holiday Caroling
- Primrose School of Ashburn Holiday Songs
- Holiday Party & Concert with Jocelyn
- That’s a Wrap Party

CHEF’S COOKING DEMONSTRATIONS

12

Action Station: Bananas Foster

19

Action Station: Cream Puffs

25

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

31

New Years Eve Surf & Turf Luncheon. Invite your families to join us. \$20 for adults, \$10 for children

Crisp Peppermint Cookies

- 1 c butter, room temperature
- 1 ¼ c sugar
- ¼ c brown sugar
- 1 egg
- 1 ½ tsp vanilla
- 2 ½ c flour
- 1 tsp baking soda
- 1 tsp salt
- ¾ c crushed candy cane



1. Preheat oven to 375. Line 2 baking sheets with parchment paper.
2. Cream butter and sugars in a large bowl with a hand mixer until fluffy. Add in egg and vanilla, mixing well.
3. Stir in flour, baking soda and salt. Mix in crushed candy cane.
4. Roll heaping tablespoons of dough into balls. Place 8 balls on each baking sheet. Press each ball with the bottom of a glass dipped in water.
5. Bake 9-11 minutes.
6. Allow to cool on baking sheets before removing. Repeat until no dough remains.

Makes about 3 dozen



\$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!