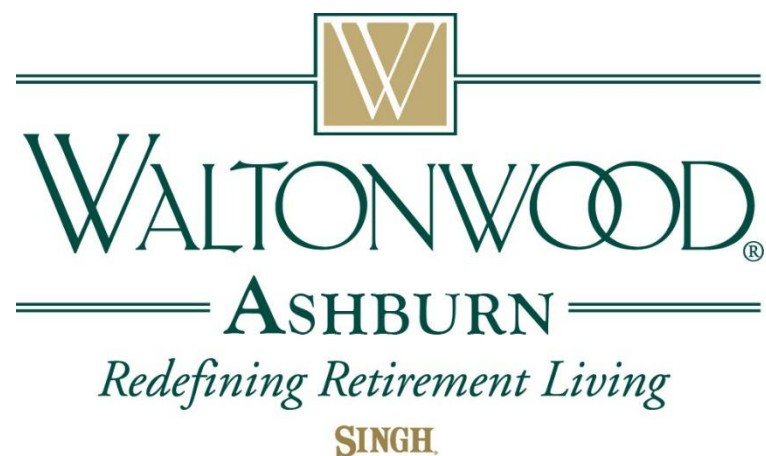


ASHBURN CONNECT

JANUARY 2019



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NEW YEAR, NEW YOU!

“A New Year, A New You” is Waltonwood Ashburn’s theme for 2019. We’re focusing on the possibilities of enjoying new experiences, finding daily moments of joy for each resident, finding new opportunities for our residents to expand their reach into the community and continuing to improve our physical and emotional well being through the many programs offered here. This is a big task to take on so we needed some advice. It just so happens that some of the most brilliant and experienced minds around happen to be right here at Waltonwood Ashburn so we asked how to kick off a great 2019 and how to win at life in general.

Here’s what our residents said, “Find time to have fun with those you love. It isn’t all about work.” “You’re never too old for a snowball fight.” “Keep your nose clean. That means always do your best and don’t give up.” “Being fit is important. Do something every day and it keeps your mind sharp.” “We learn more through failing. People learn through mistakes. . . You have to be open to making mistakes if you want to make a difference.”

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 Clemmons
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 – ROBERT VEGA

Robert Vega has worked at Waltonwood for a year as a dining server. Robert currently goes to NOVA and is studying Information Systems. He looks up to his father who works in Information Technology which is why he had an interest in the field. Next Autumn Robert will be transferring to James Madison University. After college he plans on joining the Air Force as they have a great work experience program.

Robert is one of triplets – 2 brothers and 1 sister. His sister, Victoria, also works at Waltonwood in dining services. In his spare time Robert enjoys working out at the gym and wrestling. He is also a movie buff, especially enjoying dramas.



DECEMBER HIGHLIGHTS

06

Voted Best Santa Photo Bomb Picture of 2018. . . quite possibly the best picture every. 😊

21

The Primrose School made “grandfriends” after their Holiday Songs.



24

Comedic Holiday Concert with AL Life Enrichment Manager, Jocelyn Jackson! Jocelyn had everyone laughing with her rendition of “All I want for Christmas (is my two front teeth).”

31

Happy New Year! Residents prepped for their luxurious NYE Dining Experience!



AN OPEN INVITATION TO BE FOREVER FIT

As the hustle and bustle of the holidays slowly fades and we transition into a new year, we find ourselves drifting back to the routines to which we are accustomed. Sometimes, the return to normalcy is a much-welcomed occurrence but, more often than not, it becomes a dull and uninspiring way to spend the winter months.

This January, why not try something new? Something that not only kick starts your daily routine but also improves the way you move, think and feel. I'd like to extend a warm, open invitation to join our “Forever Fit” exercise program here at Waltonwood. Open to all residents, our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe enjoyable environment. Our Forever Fit Coordinators utilize an approach that makes exercise accessible and beneficial to everyone. Each of our offerings is designed for its participants to engage in the level designed specifically for their ability to maintain or improve upon their fitness level.

So, this New Year give exercise a try, it just might be one of the best things you can do to keep happy and healthy in 2019.

TRANSPORTATION INFORMATION

We are enjoying our visitors and friends that meet us at our destinations or want to join for our trips out! Please email kateritchie@singhmail.com with any suggestions, ideas or if you would just like to meet us out. Winter weather can sometimes cause us to adjust schedules and we want to make sure your first outing with us is a hit.

Because our residents always make suggestions for our trips, we haven't failed to have a blast yet! We will be further expanding our travel opportunities in the new year. December's top priorities from Chris and Cindy were to visit a Chinese restaurant. "To see Christmas Lights" and "a bakery. . . but it has to be a really good one" were the next two priorities. Forever Fit Coordinator, Sue, will be joining us for our very first Brunch Bunch!

Upcoming Trips:

January 2nd: Aquaman @ Alamo DraftHouse leaving @ 2:00 – movie starts @ 2:20.

January 8th: Bus Bingo Scavenger Hunt @ 2:30.

January 9th: Lunch bunch goes to Bonefish Grille for Lunch. Bus starts loading @ 11:00.

January 15th: Tipped Cow Creamery and Scenic Drive @ 2:00.

January 23rd: "Brunch" Bunch goes to The Famous Toastery @ 11:00.

January 30th: Lunch Bunch goes to Rubino's Pizza @ 11:00.

JANUARY SPECIAL EVENTS

01

Hot Cocoa Bar at 2:00 PM to celebrate the New Year.

11

Concert with Herb Smith Duo in AL @ 4:00 PM.



16

Blues, Brews and BBQ's PARTY NIGHT! Festivities begin @ 5:00 PM.

23

Birthday Bash for Bea @ 3:00 PM. Come join if you are able!



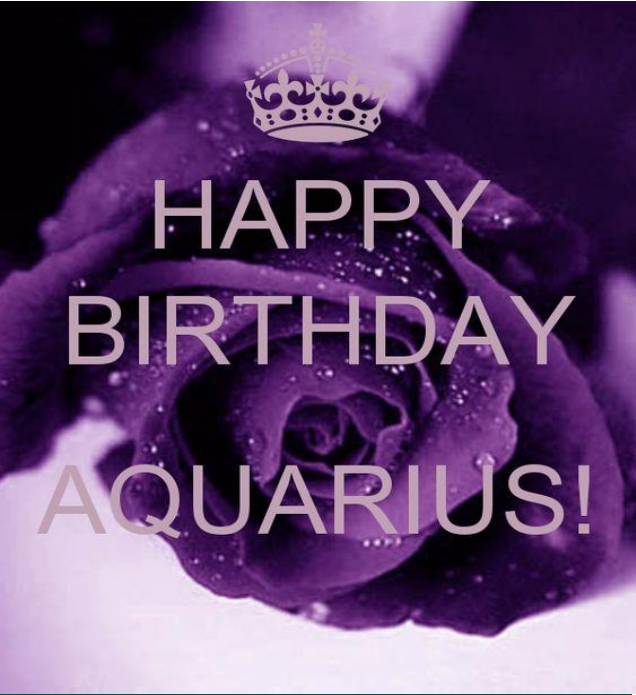
EXECUTIVE DIRECTOR CORNER – A NOTE FROM JUSTIN

Happy New Year! I hope that everyone had a wonderful holiday season. It was great to see so many residents, family members, and friends enjoying the services and amenities Waltonwood has to offer.

Our holiday open house and team party was a huge success! On behalf of the entire Waltonwood team, I would like to thank you for all of the donations and gifts you provided to our associates.

This month we will be rolling out a Safe Ride Home program in the event emergencies arise or service is interrupted. We will give further information as details are finalized.

This year I'm looking forward to welcoming more families into our community. Have a happy New Year!



Celebrating a Birthday in January:

- Bea. B

WALTONWOOD SALON INFO:

The Waltonwood Salon is now open on Wednesdays & Thursdays for appointments. If you are interetsed in making an appointment, please call 571 918-4854 (concierge) & ask them to transfer you to the salon (concierge should not be making appointments). Please leave your name, call back number, day & time of your requested appointment & what you would like done. Someone from the salon will call you back to confirm your appointment or suggest another date & time.

CHEF'S COOKING DEMONSTRATIONS

10

Pick your own Pasta creation at dinner.

24

Chef's table side preparation of Steak Diane at dinner.

17

Celebrating some cajun cooking with Live action chef preparation of Shrimp and Grits at dinner.

31

The dining room gets heated, flambe style, after dinner with a live preparation of Bananas Foster.

CHEF BETH'S SPICED PUMPKIN WALNUT COOKIES

"These spiced cookies are a wonderful treat in the fall or winter. Each bite offers delicious pumpkin flavor with chewy raisins and crunchy walnuts. Make and freeze an extra batch to keep on hand for up to a month."

6 tablespoons packed brown sugar (see Tip)
6 tablespoons canned pumpkin
3 tablespoons refrigerated or frozen egg product, thawed
2 tablespoons olive oil
2 tablespoons mild-flavor molasses
1 cup white whole-wheat flour

1½ teaspoons pumpkin pie spice
¾ teaspoon baking soda
½ teaspoon sea salt
6 tablespoons raisins
¼ cup chopped walnuts



- 1) Line a cookie sheet with a silicone baking mat or parchment paper. Combine brown sugar, pumpkin, egg, olive oil, and molasses in a medium bowl.
- 2) Stir together flour, pumpkin pie spice, baking soda, and salt in a small bowl. Add flour mixture to egg mixture; stir until combined. Stir in raisins and walnuts. Cover and freeze 10 minutes.
- 3) Preheat oven to 350°F. Drop dough into 12 mounds (about 2 tablespoons each) onto prepared cookie sheet. Flatten slightly.
- 4) Bake 12 to 14 minutes or until edges are set. Cool on cookie sheet for 5 minutes. Remove; cool on a wire rack (see Tip).

- Tip: We do not recommend using a sugar substitute for this recipe.
- To Store: After cooling, layer cookies between waxed paper in an airtight container. Store at room temperature up to 2 days or freeze up to 1 month.
- Equipment: Silicone baking mat or parchment paper



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!