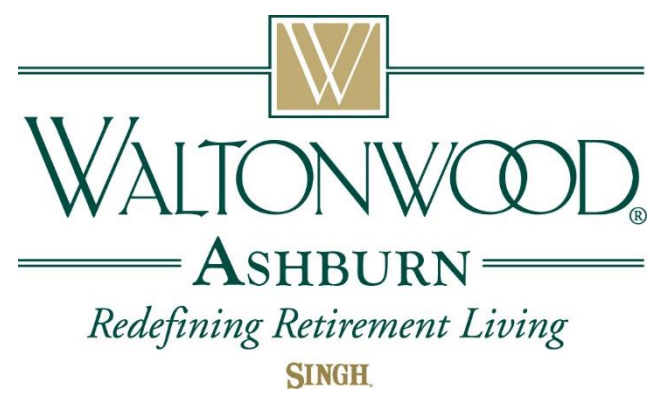


ASHBURN CONNECT

ASSISTED LIVING

MARCH 2019



44145 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854
Facebook:/WaltonwoodAshburn



COMMUNITY MANAGEMENT

Justin Roberts
Executive Director

Audrey Poore
Business Office Manager

Tiffany Ashton
Marketing Manager

Kathleen Kisiah
Marketing Manager

Beth Siatta
Culinary Services Manager

Rudy Williamson
Maintenance Manager

Chandis Parris
Independent Living Manager

Lea Wotorson
Resident Care Manager

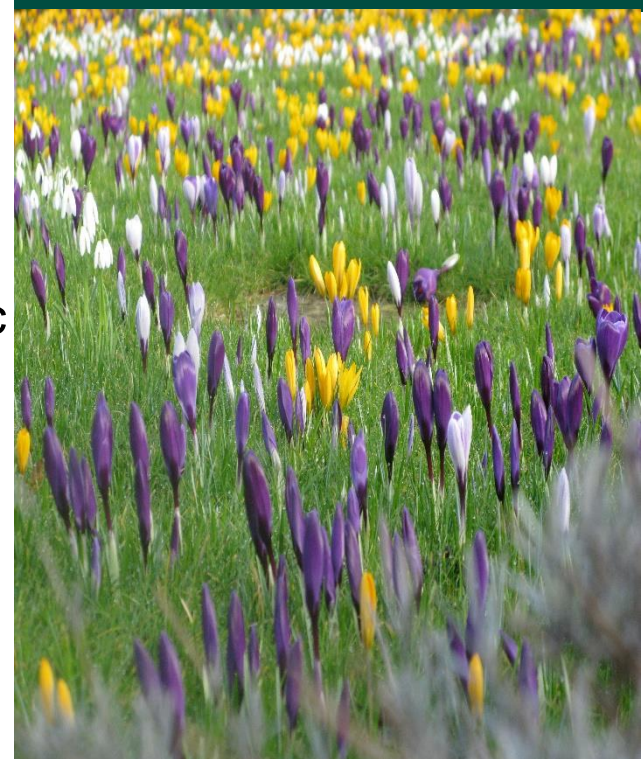
Yesenia Villalbaso
AL Wellness Coordinator

Mary Franck-Rolin
MC Wellness Coordinator

Jocelyn Jackson
AL Life Enrichment Manager

Liza Watkins
IL Life Enrichment Manager

Kate Ritchie
MC Life Enrichment Manager



UPCOMING EVENTS HIGHLIGHTS

We've had some very interesting weather this winter. Some days are 4 degrees and others are in the 60s. No matter what the weather, it's always warm & friendly in our community. March is filled with exciting events starting with Read Across America. Compass School will be here so we can read to the kids. Mardi Gras is coming up early in the month. We are also celebrating St. Patrick's Day with lots of games & puzzles, the Blue Ridge Thunder Cloggers & a delicious meal. We even have On That Note coming to perform a Cabaret show for us. 3/14 is National Pi Day so join us for a fun filled social & periodic table game. March 20th brings us Spring so look for our ice cream outings to start again. We're heading to Baskin Robbins. Their World Class Chocolate is outstanding! Don't forget to set your clocks forward one hour on 3/10 as we spring ahead. And join us for our many games, outings & socials and of course our special guests that come into our community too.

ASSOCIATE SPOTLIGHT

Congratulations to the Waltonwood team for being “Ashburn Strong” during our recent issue which required us to evacuate the entire community. Everyone immediately jumped in and assisted with anything that needed to be done. Everyone put in countless hours at nearby hotels for three weeks to ensure the residents were well taken care of. Others stayed in the community to ensure there was no further damage to our property and assisted with the clean up of our home. Because of this everyone is a spotlighted associate. Thank you to the administrative team, business office, culinary, life enrichment and fitness, marketing, maintenance and resident care teams. All of us crossed over to assist in other departments for the well being of our residents. No one ever said “that’s not my job.” Despite our misfortune, we proved that we are a very strong and tight-knit community and that nothing will break our spirit. Now that we are back home, let’s continue to work closely together so we can be the best senior community in the Virginia area and known for being a cut above the rest for the love and care we provide to our extended family on a daily basis. Thank you for all of your hard work and dedication. Let’s continue to be “Ashburn Strong.”



FEBRUARY HIGHLIGHTS

3

Super Bowl Party.
Go Patriots!

14

Valentine’s Day
Dinner & Dance



18

Farewell Party for
Wellness
Coordinator, Sharon

24

Academy Awards
Games & Puzzles



FOREVER FIT/WELLNESS: Healthy Habits

In our constant battle to stay healthy during cold and flu season, it seems like we can never take enough precautions to keep us safe. Annual flu shots, frequent hand washing and a steady supply of disinfectant are all great steps, but they’re just a start. How healthy we stay often hinges on the rest we get, the foods we eat and how active we are. Regular exercise not only decreases your risk of developing chronic conditions such as osteoporosis, diabetes and heart disease, it also bolsters your immune system helping to fight off simple bacteria and viral infections too. When combined with a healthy diet rich in vitamins A, C and E, plenty of water and enough sleep, exercise acts as another line of defense, greatly improving our chances of staying healthy. So don’t forget it’s never too late to develop healthy habits, and while the flu shot is a great start it’s only the beginning.

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 March. Please be aware that since it is the winter season, trips may be canceled due to inclement weather.

- 3/5 Lunch at Mokomandy 12pm
- 3/12 Regal Cinema Trip TBA
- 3/13 Shopping at Walmart 11am
- 3/19 Lunch at O’Faolain’s 12pm
- 3/20 Ice Cream Trip to Baskin Robbins 2pm
- 3/26 Dominion Trail Elementary Reading Program 10:45am

Please let Jocelyn know if you are interested in participating in the above trips so that a spot can be reserved for you. Sometimes we are not able to add residents at the last minute as some trips need to be planned in advance.

As a reminder, the bus is only available for personal appointments and errands on Mondays and Thursdays. Appointments must be made at least 24 hours in advance. Please confirm your trip with concierge.

WALTONWOOD SALON

The Waltonwood Salon is open on Wednesdays 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.

MARCH SPECIAL EVENTS

5

Mardi Gras Party

13

Fondue Party



17

Blue Ridge Thunder
Cloggers St. Patrick’s
Day Show

24

On That Note Cabaret



EXECUTIVE DIRECTOR CORNER

The month of March will mark our 3rd annual Food Drive in support of National Nutrition Month. We will be donating to Messiah's Market in an effort to fill their shelves for local people in need. Messiah's Market is located just a half mile away on Ashburn Road and has been serving Loudoun County for over 10 years. This year they are in desperate need of peanut butter and jelly jars. However, any nonperishable items such as pasta, cereal, and canned meals are welcome as well. Collection bins will be located near our concierge desk for the entire month to encourage everyone visiting to participate.

We will be rounding out nutrition month with a Taste of Waltonwood open house on the 27th. Current and future residents will get a sample of how we can improve your quality of life through our wonderful culinary program. Our marketing team will be looking for a few resident volunteers to work as Waltonwood ambassadors for our visitors during this event.

I really look forward to filling those bins and greeting our visitors and guests throughout the month of March. Please enjoy the last few weeks of winter as spring is just around the corner.



March Highlights

- Read Across America with Compass School
- Mardi Gras Party
- Fondue Party
- Cooking Demo: Cream Cheese Oreo Bars & Social
- Concert with Kendra Holt
- Concert with Bob Clark
- Pi Day Social & Periodic Table Game
- Texas Hold Em Poker
- Concert with Gregory Stuart
- St. Patrick’s Day Games & Puzzles
- Blue Ridge Thunder Cloggers St. Patrick’s Day Show
- March Birthday Party
- Spring Fling Party
- Concert with Audrey Harris
- Tutti Frutti Party
- On That Note Cabaret Show
- Concert with Mary Shapiro

CHEF’S ACTION STATIONS

6

Build your own Omelete

20

Mac n’ Cheese

13

Shrimp & Grits

27

Taste of Waltonwood

Irish Soda Bread

Ingredients

- 4 to 4 1/2 cups flour
- 1 Tbsp sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 Tbsp butter
- 1 cup currants or raisins
- 1 large egg, lightly beaten
- 1 3/4 cups buttermilk

Instructions

1. Preheat oven to 425°F. Whisk together 4 cups of flour, sugar, salt, and baking soda into a large mixing bowl.
2. Work the butter into the flour mixture until it resembles coarse meal, then add in the currants or raisins.
3. Make a well in the center of the flour mixture. Add beaten egg and buttermilk to well and mix in with a wooden spoon until dough is too stiff to stir. Put dough into a bowl.
4. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. If the dough is too sticky to work with, add in a little more flour. Do not over-knead.
5. Transfer dough to a lightly floured surface and shape into a round loaf. Note that the dough will be a little sticky, and quite shaggy.
6. Transfer dough to a large, lightly greased cast-iron skillet or a baking sheet (it will flatten out a bit in the pan or on the baking sheet). Using a serrated knife to score top of dough about an inch and a half deep in an "X" shape. The purpose of the scoring is to help heat get into the center of the dough while it cooks.
7. Transfer to oven and bake at 425°F for about 35-45 minutes until bread is golden and bottom sounds hollow when tapped.
8. Remove pan or sheet from oven. Let bread sit in the pan or on the sheet for 5-10 minutes, then remove to a rack to cool briefly.

\$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!



Everyone’s Irish
On March 17th.