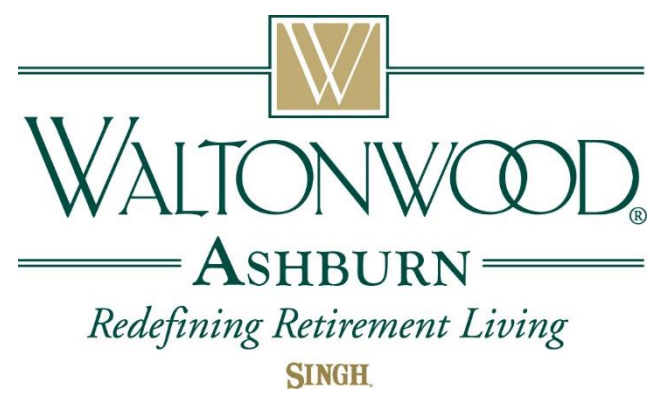


ASHBURN CONNECT

ASSISTED LIVING

APRIL 2019



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



UPCOMING EVENTS HIGHLIGHTS

Spring is here! We have a lot to celebrate this month: April Fool's, Tax Day, Passover & Easter Sunday. Now that it's warm we have several fun outings planned. We're sailing on the Potomac River during our Cherry Blossom Luncheon Cruise filled with food, trivia & music. If you love donuts, you don't want to miss out on the Duck Donut outing. Select your donut, icing & toppings to make your own delicious creation. For the first time ever we're having a Barbershop Quartet, Special Blend, come to our community. April 16th is National Pajama Day so don your pjs & join us for our Pajama Party where we'll enjoy manicures, root beet floats & a movie. Join us for our Monday Mixers, Cocktail Hours, Sweet Treats Socials & Happy Hours. We also have a game day social with St. David's Youth Group. Join us for our many events and everything in between.

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

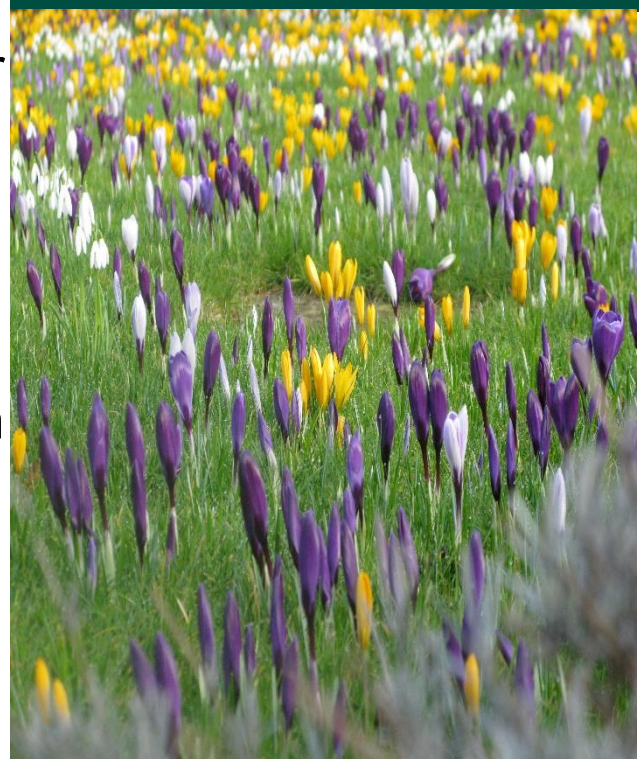
Yesenia Villalbaso
AL Wellness Coordinator

Mary Franck-Rolin
MC Wellness Coordinator

Jocelyn Jackson
AL Life Enrichment Manager

Liza Watkins
IL Life Enrichment Manager

Kate Ritchie
MC Life Enrichment Manager



ASSOCIATE SPOTLIGHT

Crystal Todd was born and raised in Loudoun County. She currently lives in Lovettsville with her husband and three boys. Crystal graduated from Shepherd University with a Bachelor's in Social Work. She has been working in the senior living field for almost 11 years. Crystal has experience in skilled nursing and long term care, hospice, home health and assisted living. She loves working with residents and families and can't imagine doing anything else!



MARCH HIGHLIGHTS

5 **10**
Mardi Gras Daylight Saving:
Luncheon & Party Spring Ahead



17 **20**
St. Patrick's Day Spring Fling
Dinner Social



FOREVER FIT/WELLNESS: The Power of the Sun

Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step outside and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels and neurotransmitters that are often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes of outside time to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside, take a deep breath and let the power of the sun go to work for you!

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 April.

- 4/2 Spirit of Washington Cherry Blossom Luncheon Cruise 9am-4pm \$70.00
- 4/9 Regal Cinema TBA
- 4/10 Shopping at Target 11am
- 4/16 Lunch Bunch: Silver Diner 12pm
- 4/17 DC Museum Trip: National Portrait Gallery 10am
- 4/23 Dominion Trail Elementary School Reading Program 10:45
- 4/24 Sweet Treat Trip: Duck Donuts 2pm

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.

APRIL SPECIAL EVENTS

1

April Fool’s Day
games & puzzles,
mixer & concert

15

Tax Day Social



19

Concert with
Special Blend
Barbershop Quartet

21

Easter Sunday
Brunch



EXECUTIVE DIRECTOR CORNER

Spring is in the air and I'm looking forward to warmer weather, fresh flowers, and of course baseball!!!!

When I think of spring, I think of growth. Growth is happening all around us especially in our community. We can now celebrate over 100 people residing within Waltonwood Ashburn. Our culinary team is growing its reputation in Loudoun county by recently winning best presentation in the YMCA chocolates galore competition.

The month of April marks the year anniversary of our Assisted Living and Memory Care neighborhood. We will be holding an open house later this month to celebrate this milestone. Also this month, we will be holding an Easter Sunday brunch. These events are a great opportunity for you to invite friends and family members into our community.

Please continue to provide feedback on how we can improve your quality of life as we grow this spring. Based of your previous feedback, we have the honor of having the most satisfied residents in the Waltonwood portfolio. I hope everyone has a wonderful month and spring. Take care!



April Highlights

- April Fool’s Day Games & Puzzles
- Spirit of Washington Cherry Blossom Luncheon Cruise
- Rainy Days Sing Along Social
- Cooking Demo: Cookie Crumble Apple Pie Parfaits
- Concert with Karen Devitt
- 100th Day of the Year Party
- Ollie Players Radio Show
- Concert with Chris Edwards
- Tax Day Social
- Lunch Bunch: Silver Diner
- Pajama Party
- DC Musuem Trip: National Portrait Gallery
- Primrose School Easter Social
- Concert with Barber Shop Quartet Special Blend
- Easter Games & Puzzles
- Sweet Treat Trip to Duck Donuts
- Concert with Herb Smith
- Game Day Social with St. David’s Youth Group

CHEF’S ACTION STATIONS

3

Crepe

17

Grill Station

Hot Cross Buns

10

Seafood Pasta

24

Pupusas

Ingredients

- 1/2 cup water
- 1/2 cup whole milk
- 1/2 cup sugar
- 4 1/2 teaspoons active dry yeast (2 (1/4 ounce) packages)
- 1/3 cup unsalted butter, melted, plus as needed
- 1 large egg yolk
- 1 1/2 teaspoons pure vanilla extract
- 3 cups all-purpose flour
- 3/4 teaspoon fine salt
- 1/2 teaspoon grated nutmeg
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/2 cup currants, plumped in the microwave and cooled
- 1 egg beaten, for brushing

Icing: 2 cups confectioners' sugar, sifted; 2 tablespoons milk; 1/4 teaspoon finely gated lemon zest; 1 teaspoon pure vanilla extract. Stir until smooth. Ice buns in a thick cross shape over the top of the warm buns.

Instructions

1. Combine the water and milk in a medium saucepan and warm over low heat until about 100 degrees. Remove from heat and sprinkle the yeast and a pinch of sugar and flour over the surface of the liquid. Set aside without stirring, until foamy and rising up the sides of the pan, about 30 minutes.
2. Whisk the butter, egg yolk and vanilla into the yeast mixture.
3. Whisk the flour, the remaining sugar, salt, nutmeg, cinnamon and ginger in a large bowl. Make a well in the center of the flour and stir in the yeast mixture with a wooden spoon to make a thick, shaggy, and slightly sticky dough. Stir in currants. Turn the dough onto a lightly floured work surface and knead until soft and elastic, about 8 minutes. Shape into a ball.
4. Brush the inside of a large bowl with butter. Put dough in bowl, turning to coat lightly with butter. Cover with plastic wrap. Let rise at room temperature until doubled in size, about 1 hour 30 minutes.
5. To form the rolls: Butter a 9 by 14-inch baking pan. Turn the dough out of the bowl and pat into a rectangle about 16 by 8 inches. Divide the dough into 12 equal portions, about 2 ounces each, with a pizza wheel or bench scraper.
6. Tuck the edges of the dough under to make round rolls and place them seam-side down in the prepared pan, leaving a little space in between each roll. Cover the pan with buttered plastic wrap and set aside in a warm place until the rolls rise almost to the rim of the pan and have more than doubled in size, about 45 minutes. Preheat oven to 375 degrees.
7. Remove the plastic wrap and brush the tops of the buns with beaten egg. Bake rolls until golden brown and puffy, and an instant read thermometer inserted into the center of the rolls registers 190 degrees F, about 25 minutes.

\$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!

