



Happy Birthday,
Eileen & Ruth!

Birthday Bash Wednesday,
April 17th @ 3:00 PM



SALON

Open every Wednesday and Thursday. Make appointments by calling our concierge @ 571 918-4854 & ask to be transferred to the salon.

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.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S TABLESIDE DINING EXPERIENCES

04

Crepes Station

18

Outside Grill Station

11

Seafood Pasta

25

Papusas

CHEF’S SIGNATURE HOT CROSS BUNS

INGREDIENTS

½ cup water
4 ½ teaspoons active dry yeast
1 ½ teaspoons vanilla extract
½ teaspoon grated nutmeg
¼ teaspoon ground ginger
1 egg beaten, for brushing

ICING:

2 cups confectioner’s sugar
¼ teaspoon finely grated lemon zest

½ cup whole milk
1/3 cup melted butter
3 cups all-purpose flour
½ teaspoon ground cinnamon
½ cup currants, plumped in microwave, then cooled

½ cup sugar
1 large egg yolk
¾ teaspoon fine salt

2 tablespoons milk

1 teaspoon vanilla extract

1. Combine the water and milk in a medium saucepan and warm until about 100 degrees F (no more than 110 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 to make a thick shaggy 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. Butter the inside of a large bowl. 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. Divide the dough into 12 equal portions, about 2 ounces each.
6. Tuck the edges of the dough under to make round rolls and place them seam-side down in a buttered 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.
7. Meanwhile, position a rack in the center of the oven and preheat to 375 degrees F.
8. Remove the plastic wrap, brush with beaten egg. Bake rolls until golden brown and puffy, about 25 minutes.
9. For the glaze: Stir together confectioners' sugar, milk, lemon zest and vanilla until smooth. Transfer icing to a zip bag or pastry bag, and make a small cut in the corner of the bag. Ice buns in a thick cross shape over the top of the warm buns.

\$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!

ASHBURN
CONNECT - MC

APRIL 2019



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BEING
POWERFUL IS
LIKE BEING A
LADY.

IF YOU HAVE TO
TELL PEOPLE
THAT YOU ARE,
YOU AREN'T.

Margaret Thatcher

OUR LADIES SHARE THEIR CAREER ADVICE

The beginning of April marks the conclusion of March’s Women’s History Month. The month was declared to focus on the highlights and contributions of women to the events in history and contemporary society. So we figured we would share a bit of advice from our residents formerly working in the professional field.

Our ladies have had careers as homemakers, HR professionals, interior designers, stewardess, teachers, VP of global corporations and Labor and Delivery Nurses. All of this on top of being wives, mothers and contributing members of their communities. With all of this advice available, I thought it would be valuable to ask for advice.

The first question was, “What is your best piece of advice for young women today entering the professional field?”



Here are a sampling of some of their answers:

“Do your job. If you do your job, the title and money will come.” Eileen

“First off, know what you love to do then find a job where you can do some of that each day.” Bea

“Get your priorities straight. Family is always first. If you have a supportive family then you can do anything but that means you have to support them too.” Chris

The most commonly cited reasons for success were a supportive family and “doing what you’re supposed to do.” All of our gals said that they prioritized personal time to spend with loved ones and, although it was not easy, it made all of the difference.

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 Clemmons
Resident Care Manager

Yesenia Villalbosa
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 is a hard working social worker, wife, Waltonwood Move-In Coordinator and mother of three boys. She is a Loudoun County native and graduated from Shepherd University with her Bachelor's Degree in Social Work which she has put to good use with more than 11 years of experience working with families and seniors.

Crystal has experience in skilled nursing, long term care, hospice, home health and assisted living. She loves working with residents and families and can't imagine doing anything else!

Outside of Waltonwood, Crystal has many years of service and current Secretary of the Loudoun Senior Interest Network. She regularly works outside of office hours to ensure that families and seniors are in touch with the correct resources to find the care and resources that they need.

We are truly blessed to have Crystal as our Move-In Coordinator, teammate and friend and that is why we are proud to announce her as Waltonwood Ashburn's Associate of the Month!



MARCH HIGHLIGHTS

05

We had our very own Carnivale dancer at our Mardis Gras dinner! Mary shared her fun costume, dance moves and decorating skills to bring this event to the next level!

10

Thank you to this lovely girl scout troop that brought a tasting of their 2019 cookies, dancing and fun!



17

St. Patty's Day Shenanigans!

22

Tapping into talent! New local celebrity came over to share his love and talent with a St. Patty's day sing-along!



FOREVER FIT – THE POWER OF THE SUN

Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there is certainly 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 health benefits, but what some don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's of Vitamin D. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance.

By adding just a few minutes outside 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

We are enjoying our visitors and friends that meet us at our destinations or want to join for our trips out! Please email kate.ritchie@singhmail.com with any suggestions, ideas or if you would just like to meet us out. This month's restaurants are back by popular demand and by resident selection!

April Trips:

- 3rd – Cherry Blossom Scenic Shuttle Tour @ 10:00.
- 9th – Lunch Bunch goes to Petit LouLou Creperie @ 11:00.
- 10th – Gardening Group goes to Abernathy & Sons Nursery @ 3:00.
- 16th – Trip to the Movies @ 2:00 (movie to be determined by resident vote).
- 23rd – Chocolate Tasting @ The Conche @ 2:00.
- 30th – “Antique Road Show” & Lunch @ 11:00. We'll be checking out local antique shops, sharing stories that these items bring up and enjoying lunch out!

APRIL SPECIAL DAYS

12

Ollie Players Radio Show Performance in AL Café @ 11:00

17

Birthday Bash @ 3:00
Spring Fling Family Function with Live Band “Everything In Between” @ 4:00!



20

Easter Egg Hunt @ 11:00.
If kiddos would like to join for Easter Egg Design & Dye, come on over @ 3:00 on the 15th.

21

Easter Brunch @ 11:00. Please be sure to RSVP!



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 neighborhoods. 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.

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