



Aisha Konneh has worked with seniors for over 5 years and we were lucky enough to snag her in March! "When you do something, you have to do it with your whole heart. Our residents don't need anything from us except for TLC, honesty and respect. When you honestly care for them, you get back the same. I love working with them."

It's clear they love you and so do we!

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. The salon will call you back to confirm your appointment or suggest another date & time.

FAMILY SUPPORT GROUP

Wednesday, July 24th @ 5:30 PM in Assisted Living Trunk Club. All are welcome!

FRIENDS & FAMILY

\$1000 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!

SPECIAL EVENTS LIST (cont'd from page 3)

- 3rd Lunch Bunch Goes to Olive Garden @ 11:00.
Red White & Boom Fireworks Party @ 6:30.
- 4th 4th of July Cookout @ 11:00.
- 6th Daniel Dubinsky Performs @ 11:00.
- 7th Pet visit with Amos @ 3:00.
- 9th Fishing & Picnic on the pier @ 11:00.
- 11th Musical Duo "Everything In Between" performs @ 4:00.
- 12th Jack the Dog visits our community @ 2:30.
- 14th Bastille Day Dinner @ 5:00.
- 17th Trip to Library and "fancy coffee" @ 10:00.
"An Afternoon with Billie Holiday" by Waltonwood's very own, Robin Burke @ 2:00.
- 19th Pet visits with Duke & Mason @ 2:30.
- 20th Daniel Dubinsky Performs @ 11:00.
- 23rd Ice Cream & Scenic Drive @ 3:00.
- 24th Family Support Group in AL Trunk Club.
- 25th Yappy Hour (like a happy hour but happier because all dogs are invited) @ 4:00.
- 26th Therapeutic Massage with Ashleigh @ 10:00.
- 28th Back by popular demand! Peter Bechtel performs @ 2:30.
- 31st Trip to the Movies (afternoon matinee). Movie TBD by resident vote. 😊

A NOTE FROM CHEF BETH

Happy July Everyone!
We will be celebrating a couple things in July. On the 4th we will be having our annual 4th of July cookout from 11am-2pm in the dining room. Please invite your families for an excellent meal. On July 5th we will be rolling out the new always available menu in the dining room. We are also making plans to have a Bastille Day celebration on Sunday July 14th. More details to come on that.



Left: This little lady had fun chatting with Chris and Bea on our Fishing Trip. Below left: Our new "fishing buddy"! Straight Below: Pastor Charlie and his beautiful bride laughing in the dining room!



ASHBURN CONNECT - MC

JULY 2019



For this Life Enrichment Manager, that question always creates a conversation where I share how awesome my job is because of our amazing residents. The facial response is one of disbelief as if to say, "Are you serious?" There is a common misconception about people living with dementia regarding their ability to live a life with purpose, experience joy and accomplish new things. I whip out the phone and let the pictures and videos roll. The look of surprise and joy is awesome.

The question still remains, "Why is there this stereotype and how can we break it?"

As recent as the 1980's, a diagnosis of dementia meant a psychiatric admission. Our celebrity driven pop-culture idolizes youth and novelty, pawning off the invaluable resource in our elder's wisdom from life experiences. Maybe it's fear. Maybe it's because an estimated 50% of American adults think that dementia is a normal part of aging and not a physical disease.

Here's what someone living with dementia might tell you: "I'm still communicating even if I can't speak. I wish you could understand what I have to overcome every day to accomplish what you can do effortlessly."

People use to speak to me and now it hurts when others talk about me like I'm not right there. It's disrespectful when you don't address me about my situation. It hurts and I wish I could tell you. Every day I have to take a test that I can't pass. I'm still trying.

I am forced to live in the moment and I want you to do that with me. I can show you how wild and fun I was before I became the responsible role model. I want you to live in that reality with me. I know you're my child but can you become my friend? More than you know, I still need physical touch. Can you hold my hand, rub my back or give me a hug?"

Dementia does not mean the end of joy, happiness, love, sadness, life, purpose, meaning, new friendships, family and giving up on that bucket list!

If you understand the challenges that our residents overcome every single second, you realize that Superman, Christopher Reeve was right. A real hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

Currently, we work with 12 heroes. That's what we "do for a living".



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

COMMUNITY MANAGEMENT

- Justin Roberts
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- 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 – SUE POPPER-THOMPSON



Forever Fit Coordinator, Sue Thompson-Popper, has been working with us since October. She does it all! Prior to Waltonwood, she has been a Personal Trainer, Fitness Director and Nutrition Coach during her years in the Fitness Industry. You may be surprised to know that she worked in the broadcasting industry for 22 years before she decided that her health should come first. Sue lost 45 pounds with the help of a personal trainer and registered dietician. At that point, she decided to change careers so that she could work with others to meet their fitness goals.

Sue’s level of performance and engagement sets a standard that would be unattainable by most. She teaches a variety of classes including, balance, chair exercise, water aerobics, strengthening, fall prevention and gait training. She finds a way to engage residents of all ability through her creative adaptation of classes. Sue loves seeing improvements that residents make in their strength, confidence and balance. Sue clearly loves her job, each of her clients and they feel the same.

“Ya know, if you love what you do and the people you work with, it really doesn’t feel like much of a job does it? I mean, we get PAID to work with these awesome people!” We love you, Sue!



JUNE HIGHLIGHTS

05

Honey Tasting. Did you know that honey has many healthy benefits? Also, there are different flavors depending on what the bees are pollinating! We explored, Citrus, Wildflower, Wildberry and Wormwood!



08

Campers racing to the finish line in the potato sack race at our first annual Camp Waltonwood!



21

Soloist, Dion, gave an amazing performance and enjoyed some special moments with residents after her concert! Daniel Dubinsky is getting rave reviews with his weekend piano renditions.



25

Painting with a Twist! With the humidity and soaring heat index, we brought our painting tutorial in house and gained some new participants! Look at these masterpeices!



FOREVER FIT – HEALTHY HYDRATION

Healthy hydration habits are important any time of the year but they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and fit in the months to come. Making sure there’s always fluids nearby to drink throughout the day, eating plenty of fruit and vegetables like cucumber and watermelon and avoiding strenuous outdoor activities during the peak hours of the afternoon can all help to keep us safe and hydrated during the dog days of summer.

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!

- July Trips:
- 3rd Lunch Bunch Goes to Olive Garden @ 11:00 AM.
 - 9th Fishing & Picnic @ 11:00 AM.
 - 17th Morning Coffee and Library @ 10:00 AM.
 - 23rd Ice Cream Parlor and Scenic Drive @ 3:00.
 - 31st Trip to the Movie Theatre (this will be an afternoon matinee and by resident vote!)

JULY SPECIAL DAYS (Complete List on last page)

03

Red White & Boom
Fireworks in the Party Lot. .
.Ahem, Parking Lot @ 6:30
PM.

11

Back by popular demand!
Everything in Between
performs in the Courtyard @
4:00 PM.



14

Bastille Day Dinner @ 5:00

28

Peter Bechtel Performs @
2:30 PM.



EXECUTIVE DIRECTOR CORNER

Summer is finally here and just in time for a few fun events happening around the community. We will be having a July 4th brunch for residents and family members starting at 11AM. Also, it looks like we have a few exciting outings in all three of our neighborhoods. Finally, we will be celebrating the “Dog Days” of summer with a Yappy hour for our furry friends. I can't wait to see wait tasty treat our culinary team will come up with for all of our pets.

As a reminder, we ask that all residents let us know when you'll be out of the community for an extended period of time. All residents are entitled to meal credits if you are away from the community starting on the 8th consecutive day. Our concierge team will be happy to take your information so we can process your credits in a timely manner.

I look forward to more warm summer days and nights. Have a wonderful month!!