



Message 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.

Thanks,

Chef Beth

July Birthdays

Myra B. 7/3

Patricia M. 7/12

Peggy H. 7/15

Bob S. 7/17

Mary Ann S. 7/18

Helen M. 7/22



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!

ASHBURN CONNECT

JULY 2019



Camp Waltonwood 2019

During the first week of June, as the local schools were celebrating their last week before summer vacation, Waltonwood was preparing for the first annual Camp Waltonwood. On Saturday, June 8th staff arrived early in the day to prepare with the help of Resident volunteers.

We were so excited to welcome the children as they arrived. Campers, parents and residents alike had a blast at the smores station, Bricks 4 Kidz, crafts and potato sack races. We closed the camp out with hot dogs and friend PB& J, we can hardly wait for next summer!

COMMUNITY MANAGEMENT

Justin Roberts
Executive Director

Audrey Poore
Business Office Manager

Beth Siatta
Culinary Services Manager

Chandis Black
Independent Living Manager

Liza Watkins
Life Enrichment Manager

Rudy Williamson
Environmental Services

Tiffany Ashton
Marketing Manager

Kathleen Kasiah
Marketing Manager

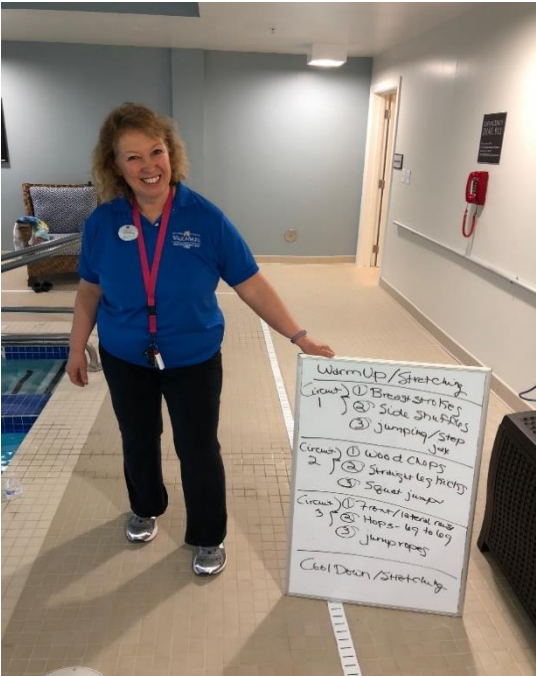
Lea Wortorsen
Resident Care Manager

Yesenia Villalbaso
Wellness Coordinator

SUE THOMPSON-POPPER

EMPLOYEE OF THE MONTH

SUE HAS WORKED WITH US AT WALTONWOOD FOR ALMOST A YEAR BRINGING HER INFECTIOUS ENERGY AND PASSION FOR FITNESS WITH HER. SHE IS ALWAYS QUICK WITH A SMILE AND HAS A BIG HEART FOR THE RESIDENTS. HER CLASSES ARE HEAVILY ATTENDED AND VERY BENEFICIAL. WE ARE SO VERY GRATEFUL TO HAVE SUE AS A PART OF OUR WALTONWOOD FAMILY, PLEASE CONGRATULATE HER IN RECEIVING THIS HONOR!



TRANSPORTATION INFORMATION

- ❖ Doctor Appointment/ Errands- Monday, Thursday and Saturday 9:00am-3:00pm
- ❖ Special Outings and Errands- Fridays
- ❖ Sign up for all Transportation with the Concierge

- 7/05- Lunch at Okada Japanese Restaurant
- 7/12- Top Golf and Lunch at Copperwood
- 7/19- Trip to the Movies
- 7/26- Catoctin Creek Distillery and Lunch at Magnolias

JUNE HIGHLIGHTS

05

Residents enjoyed the outing to the Nationals Game. Go Nats!

07

Residents enjoying a Movie & Discussion in the theater



08

Lots of fun at our annual Camp Waltonwood!

21

Happy First Day of Summer!



JULY SPECIAL EVENTS

04

Join us for a fun cookout from 11am-2pm!

08

Balance Boot Camp begins

10

Peter Bechtal performs on the Terrace for our Summer Concert Series.

25

We will welcome our furry friends for Yappy Hour



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.

EXECUTIVE DIRECTOR CORNER- This "Just-In"

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!!