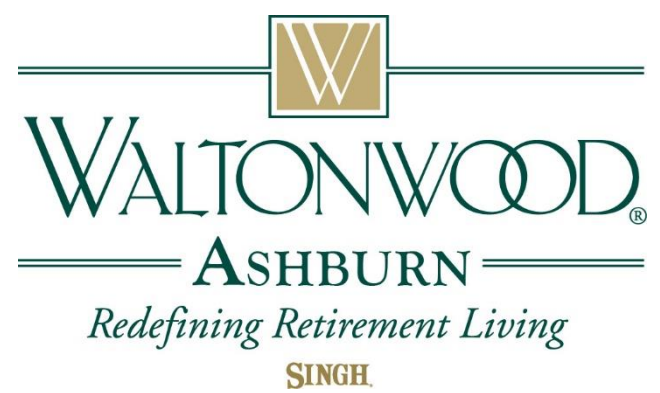


ASHBURN CONNECT

ASSISTED LIVING

SEPTEMBER 2019



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



Garden Show

The Garden Club residents at Waltonwood recently showcased their hard work. It all started with a trip to Meadow Farms Nursery in June where residents selected various plants to grow in their garden. The residents worked tirelessly planning the event and creating a special arts and crafts project for the evening so their guests could take something home with them to remember the event. The Garden Party took place on August 8th at 6:30pm. When guests arrived, they were greeted warmly by the club members with handmade bookmarks, whimsical signs and flower arrangements. The smell of popcorn filled their air as guests traveled between the garden room and the courtyard enjoying refreshments, conversation and the beautiful flowers and plants that the garden club worked so diligently at tending over the past few months. The event was a huge success and loved by everyone. In fact, it was so successful that the garden club has started planning for a special holiday garden party. Prior to the event, autumn/winter flowers and plants will be planted and tended and a special arts and crafts project is also in the works. Be on the lookout for the next garden party. You will not want to miss this winter spectacular.

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 Black
Independent Living Manager

Liza Watkins
IL Life Enrichment Manager

Maria Manalo
AL Resident Care Manager

Yesenia Villalbaso
AL Wellness Coordinator

Jocelyn Jackson
AL Life Enrichment Manager

Megan Mastre
MC Wellness Coordinator

Kate Ritchie
MC Life Enrichment Manager



ASSOCIATE SPOTLIGHT

Dee, short for D'Andrea, is your friendly neighborhood pastry chef. She is a lifelong Sterling resident, raised by two psychologists. Dee initially went into the family business and received her degree in Psychology from UNC-Wilmington, including a study abroad stint in Japan. After working far too long in not-so-great jobs, she bit the bullet and went to the New England Culinary Institute to study baking & pastry arts. Dee worked at Lansdowne Resort for six years before being told about Waltonwood seeking a pastry chef. Waltonwood has been a much-needed positive experience and it's always wonderful to see the residents enjoying what she makes.

In her spare time, Dee has taken up photography (though she is not fond of being in front of the camera) and learning Mandarin. She also started traveling a bit with her mother. They went to Hong Kong last October and will be heading to Singapore later this year.



Movies of the Month

Show Times are at 2pm & 7pm

- 9/1 Last Vegas
- 9/4 No Country for Old Men
- 9/7 Guys & Dolls
- 9/8 Casablanca
- 9/11 Mr. Mom
- 9/14 Legends of the Fall
- 9/15 Back to the Future
- 9/18 Lincoln
- 9/21 Seabiscuit
- 9/22 Bridge on the River Kwai
- 9/25 Something's Gotta Give
- 9/28 Some Like It Hot
- 9/29 You've Got Mail



Resident Birthdays

- | | |
|----------------------|------------------------|
| 9/1 Harriet Retterer | 9/9 Marie Sullenberger |
| 9/18 Gloria Noon | 9/25 Kenyon Burke |
| 9/25 Arlene Hamilton | |



FOREVER FIT/WELLNESS: Consistency is Key

As fragile as our bodies can be, they are equally as resilient and capable. Their innate ability to grow stronger, faster and more efficient is one of the tangible qualities that drives many people's exercise motivation. Our muscle memory, or the ability to complete a movement without thought through constant repetition, relies heavily on our commitment to regular, daily exercise. Over time these constant repetitions allow your body to be stronger and far more efficient in the activities you perform. With exercise an increase in efficiency also typically mean an increase in safety. Muscles strengthen, joints become more mobile and a potential fall risk can reduce significantly. So, while the results you want may not come in a day, stick with it. Consistency is key and your commitment to exercise will pay off in the long run.

TRANSPORTATION INFORMATION & UPCOMING TRIPS

We have some fun outings coming up in August. We hope you join us.

- 9/3 Ashburn Village Fishing Trip FREE
- 9/4 Baseball Game: Nats vs. Mets \$25.00
- 9/11 Lunch Bunch: Nick’s Tavera \$\$ depending on what you order, tax & tip
- 9/17 Butler’s Orchard Tour, Pie Tasting & Lunch \$25.00
- 9/25 Shopping at Walmart

Please let Concierge 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, Thursdays & Saturdays between 9am-12pm & 1pm-3:30pm. Residents must be able to take these trips independently, be dropped off and picked up at the same place. 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) and ask them to transfer you to the salon (concierge should not be making appointments). Please leave your name, call back number, day and time of your requested appointment and what you would like done. Someone from the salon will call you back to confirm your appointment or suggest another date & time.

AUGUST HIGHLIGHTS

Bingo Night – Garden Show – Matchbox Restaurant

Loundoun Country Library – Legacy Estate Planning – Singing Telegrams with Tom



EXECUTIVE DIRECTOR CORNER

September is here and that means school is back in session and summer is almost over. I hope everyone was able to enjoy the many events and outings we had this summer. I know our life enrichment team is planning an amazing fall and holiday season. This summer has brought in so many new faces to Waltonwood. We now have over 130 residents that call Waltonwood home and several more planning on moving in this month.

This month we also will be welcoming two new members to our leadership team. Maria Manalo will be joining us as our Resident Care Manager and Megan Mastre as our Memory Care Wellness Coordinator. Maria is a registered nurse and will be overseeing our entire resident care team for Assisted Living and Memory Care. Maria received her nursing degree in the Philippines and was most recently the Director of Nursing at an upscale continuous care retirement community in Arlington. Megan is a licensed practical nurse and will be overseeing the day to day operations of our memory care neighborhood. Originally from Pennsylvania, Megan moved to northern Virginia five years ago and ran a 65 apartment assisted living community in Leesburg. Both Maria and Megan will begin their careers with Waltonwood on the 16th. I really look forward to both of them joining our family and the many new residents too. I hope everyone has an exciting last few weeks of Summer!



Jerry & Francie V

September Highlights

- Labor Day Luncheon
- DJ & Dancing with Bill & Jean
- Loudoun County Bookmobile
- Septmeber Birthday Party
- Travel Presentation with Audrey: Tanzania
- Concert with Bernard Kellett
- Grandparents Day “Grand” Bingo
- Fantasy Football Season
- Kiero No-Hi Social
- Horticulture Presentation with David: Importance of Honeybees
- Concert with Karen Devitt
- Life in the Military with Phil
- Bethesda Little Theater Show: Songs I Never Get to Sing
- Tech Class 101: Cell Phones Part 2
- Senior Olympics Season & Awards Ceremony
- Gershwin Concert with Jocelyn
- Lunch & Learn with Clear Captions
- Concert with Paula Monks
- Hawaiian Luau & Dance Show
- History Presentation with Jerry: Nothing But Good News
- Autumn Breeze Social
- National Senior Spelling Bee
- Concert with Jim West

CHEF’S UPCOMING SPECIAL EVENTS

- 9/4 Labor Day Luncheon
- 9/7 Pasta Station
- 9/14 Shrimp & Grits
- 9/21 Steak Diane
- 9/28 Bananas Foster



News from the Business Office

Hello!

My name is Audrey Poore and I’m the Business Office Manager here at Waltonwood. I’ve been with the Ashburn team since January of this year and love the Waltonwood family!

When I’m not working, I enjoy adventure travel, kayaking, hiking, concerts of all genres, and spending time with my two teenagers. If we haven’t already met, I hope you’ll come see my Kilimanjaro presentation on September 5th at 2pm in the theater. I’m excited to share my recent summit experience with you all! I even took the Waltonwood flag all the way to the top of the mountain. Now the world knows about us!

Among other things here at the community, I’m available to help you and/or your family members with long-term care filing, if you are now or will be filing claims. You can either give me a call directly, or schedule an appointment with me through our concierge to get this set up. You can also reach me if you have any questions about your montly bill.

Here's to a wonderful (and hopefully cooler) September!



BILL P & LIZ R

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!



Art Class with Juliet