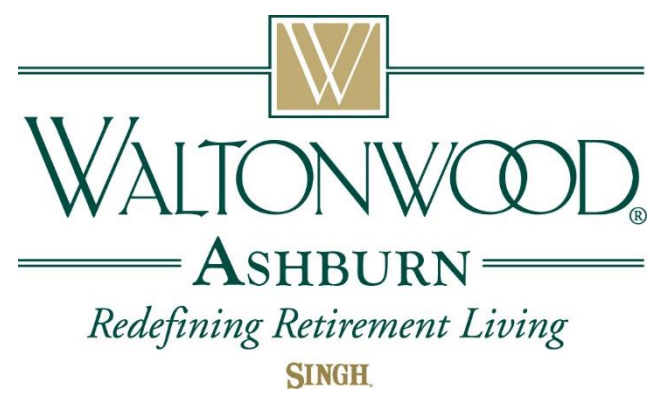


# ASHBURN CONNECT

ASSISTED LIVING

NOVEMBER 2019



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



## Active Aging Awards Banquet Walking the Red Carpet

The holidays are approaching quickly and community projects are the focus for the holiday season. Beginning in November please look on the monthly calendar for a couple of community projects led Nayeema and Wardah that will continue through the end of the year. Join us for Knitting with Norma as we make baby hats and blankets for the Loudoun Hospital Birthing Center too.

In honor of Veterans' Day, Kathy McMeekin, is helping us with our Seniors & Soldiers card making project. These cards will be sent to active duty military men & women around the world to thank them for their service. We are also creating Thank You ribbons for our very own Waltonwood veterans who have also made sacrifices for our country.

Toys for Tots is also beginning in November. If you would like to purchase new toys for children in need, there will be boxes near the front entrance. We will also be doing our annual Thanksgiving food drive.

In honor of Thanksgiving, we will create a Gratitude Tree. Please stop by and add a leaf with a handwritten item that you are thankful for. And just for fun, we'll be searching for the Turkey Bandit during our scavenger hunt. You'll be thankful you've found a turkey because it will win you a prize. Life is good at Waltonwood and filled with many wonderful things to do.

### COMMUNITY MANAGEMENT

Christopher Leinauer  
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

Traci has worked at Waltonwood since November 2018 in the Life Enrichment Department. She is originally from the Baltimore area and has a background in Hospitality Management. Traci has been in the healthcare field for 2 years. She received a Bachelor of Arts in History. While she mainly works in Independent Living, she is often seen assisting other departments and interacting with residents in memory care.

Traci lives locally in Chantilly with her husband, two children and their cat, Tessa. In her spare time, Traci enjoys reading, spending time with her parents and anything to do with the outdoors like walking and animal watching. We are lucky to have Traci’s smiling face and “can-do” attitude at Waltonwood!



## Movies of the Month

Show Times are at 2pm & 7pm

- 11/2: Million Dollar Baby
- 11/3: It Happened One Night
- 11/6: Rain Man
- 11/9: Captain Phillips
- 11/10: Father of the Bride
- 11/13: TBA
- 11/16: Greatest Show on Earth
- 11/17: King & I
- 11/20: TBA
- 11/23: Gravity
- 11/24: Sleepless in Seattle
- 11/27: TBA
- 11/30: The Good, the Bad & the Ugly



## Resident Birthdays

- |                      |                     |
|----------------------|---------------------|
| 11/3: Cecil Townsend | 11/19 Asta Kane     |
| 11/12: Ginny Meyer   | 11/26: Barry Fearer |



## FOREVER FIT/WELLNESS: Postive Outlets

No matter the age, stress is a part of our daily lives. How we choose to manage it however can significantly impact our overall health and wellness. When left to build over time chronic stress causes a hormonal change in the body making us more susceptible to conditions such as anxiety, depression, type 2 diabetes, heart attack and stroke. The good news is that positive coping strategies such as regular exercise, a well-balanced diet, adequate sleep and a strong support system of family and friends have all been directly linked to lower stress levels and a better quality of life. In the fast pace of life, it’s far too easy to get caught up in everything else going on that we simply forget about how we feel and our own well-being. This month slow down, take some time for yourself and make cutting down on your stress your #1 priority.



# TRANSPORTATION INFORMATION & UPCOMING TRIPS

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

- 11/5: Voting Trip to the Polls – please bring your registration card & ID
- 11/13: Lunch Bunch: Copperwood Tavern – cost varies depending on what you order plus tax & tip
- 11/19: Dunkin Donuts – cost varies depending on what you order
- 11/27: Shopping at Walmart – cost varies depending on what you purchase

Please let Concierge know if you are interested in participating in the above trips so that a spot can be reserved for you. Seats are limited. 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-3:00pm. 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.

## OCTOBER HIGHLIGHTS

Nothing Bundt Cakes – Unknown Story of North America with Pat – Active Aging Week Awards Banquet

Campfire Roast – Oktoberfest – Honey Tasting from Around the World with Kerry & Suzanne



## EXECUTIVE DIRECTOR CORNER

As we move further into fall, the leaves aren't the only things changing in Ashburn. We are excited to welcome our new Executive Director to Waltonwood Ashburn, Chris Leinauer. Chris started with us on October 21<sup>st</sup>.

We are excited to welcome Chris to our family. His energy, passion and experience in this industry has been a great addition to our community. He's had a great deal of experience in senior living across varying levels and we are looking forward to the future of the community under his leadership. Chris received his Bachelor of Science and Masters of Business Administration from Frostburg State University in Maryland.

If you've not met Chris, please take some time this month to introduce yourself. You've likely seen him around the community, interacting with associates and residents. He is very visible so please pull him aside as he's working diligently to learn all about the community, the residents and Waltonwood.

Thanks for your patience in this process.

Randy LeMaster, Regional Director of Operations





# November Highlights

- Seniors & Soldiers Card Making with Kathy
- Carmen Shippey Belly Dance Show
- Family First Night: Chilli Night
- Veteran’s Day Thank You Ribbons
- Health Presentation: Keeping Well in Winter
- November Birthday Party
- Safety Awareness Presentation: ID Theft, Fraud & Scams
- Concert with Aaron Karppala
- Veteran’s Day Social & Concert with Michael Terence & Alice Smith
- Pastry Chef Dessert Demo
- Beltone Hearing Hearing Aid Cleaning & checks
- Concert with Julian Coiner
- Concert with Marjorie Meyers
- DJ & Dancing with Bill & Jean
- Gratitude Tree
- Health Presentation: 10 Things You’re Never Too Old to Do
- Casino Night
- Concert with Jim West
- Turkey Bandit Scavenger Hunt
- Smiles Through Music Concert
- Thanksgiving Luncheon
- Concert with Davis Bradley Duo

# News from Resident Care:

## Staying Healthy During Flu Season

It’s Flu and Norovirus season. Usually the season lasts from October through March so it’s very important to know the difference between the 2 illnesses. The flu is caused by a respiratory virus. You can feel sick from the flu for 7-10 days. You can catch the flu by coming into contact with a sick person or touching surfaces that a sick person has touched. The flu causes people to have fevers, achy muscles, chills, sweats, headaches, dry persistent coughs, fatigue, weakness and nasal congestion. You will need plenty of rest to fight the virus.

Norovirus is often mistaken as food poisoning. It attacks the the gastrointestinal tract and causes nausea, vomitting, diahhrea, body aches, stomach cramps, headaches and fevers. It typically lasts for 2-3 days but your are extremely ill. Even after you feel better, you can still spread the virus up to 3 weeks after you’ve had norovirus via fecal and oral transmission.

How do we avoid getting these dreaded illnesses during this time of year? Here are some tips.

1. Get vaccinated. Waltonwood offers flu and norovirus vaccines annually in October.
2. Stay home if you’re sick. Even if you feel better you should not come into common areas for 24-48 hours after your last symptom. If you are not feeling well, please let the Resident Care team know and have all of your meals delivered to your apartment.
3. Wash your hands. Proper handwashing is extremely important to fight off any viruses. Scrub your hands for 20 seconds with soap and water and either air dry or use a paper towel to dry your hands, turn off the faucet and open the door.
4. Use an alcohol based hand santitizer. Even if you’ve washed your hands, this is a great extra precaution to avoid the spread of germs.
5. Avoid touching your face. Viruses can travel quickly through your eyes, nose and mouth. They multiply fast and thrive in damp, wet areas that spread quickly throughout your body.
6. Don’t share food or drinks with anyone. Even if they don’t look or feel sick, you should avoid eating communal served food and drink. Even communal condiments should not be used during the flu season. It is best to ask for individual packets.
7. Avoid getting close to people who are sick. You should keep a safe distance of 3-4 feet away from anyone who is sick or has been around anyone who’s been sick as droplets can travel through the air. Avoid shaking hands during the flu season.
8. Cover your coughs and sneezes. Most people use a tissue, but this can carry a lot of germs. It is best to cough and sneeze into the crux of your elbow. If you use a tissue, make sure that it is thrown away into a garbage can that when it is removed, no one will touch it.
9. Clean frequently. All areas used should be cleaned on a daily basis with soap, water and sanitizer to disintect and to avoid further spread of germs. Try not to use other people’s items like phones, pens etc.
- 10.Keep a healthy lifestyle. Eat a healthy diet, get plenty of rest, don’t smoke, drink plenty of water, exercise and find time to relax to reduce stress.

Maria Manalo  
Resident Care Manager



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!

