

**HAPPY BIRTHDAY
JANUARY
BABIES**

Birthday Celebrations:

**Sunday, January 5th @
2:15 Happy Birthday,
Midge!**

**Thursday, January 23rd @
3:00 Happy Birthday, Bea!**

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, January
29th @ 5:30**



DECEMBER BONUS HIGHLIGHTS

Eileen & Bea make ornaments for vets.



Have you ever wanted to pull down Santa's beard, little girl? Got a big chuckle and hug!



Boys will be boys! Giving the photographer a wave while dining @ Uncle Julio's.



Barbara's "Candy" Dog has to keep things in order around here.



A little slam dunk action by Oma!



Our Pastor keeps us inspired and joyful.



A Christmas gift! Rachel found this little guy abandoned and not in the best shape. Little "Timber" (named for finding him near the woodline near her home) had briars stuck in his head and skin and was quite bloated from worms. She got him all cleaned up with the assistance of a local veterinarian and volunteered to foster him until he could find a home. Rachel brought him into work just before Christmas and by the end of the day, "Timber" became "Draco" and has a new forever home! Congratulate Cyan and Ramon on the shared custody of their new fur-baby!

Associate Spotlight (cont'd): One of our newer residents celebrated a birthday recently and doesn't eat cake but maybe a "bite of something light". This resident is a high-end fashionista. Dee created mini lemon curd bites, hand wrapped in Tiffany's boxes and topped the birthday girl's with edible gold flaking so it sparkled when she opened the box!



**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!**

**ASHBURN
CONNECT - MC**

JANUARY 2020



44141 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854



GOOD GRIEF... YOU MUST LOVE ME A LOT!

When our residents and family members decide it's time make the move to a senior living community, it is NEVER an easy decision. In the best of cases, everyone is excited and agrees to the transition, the move is made and everyone smiles and then family has to go home for the evening. Then, everyone (staff included) can start to wonder whether this was REALLY the best decision.

Our new resident is confused, exit-seeking, calling family every 5 minutes (or more), angry, scared, sad, isolating, aggressive, bargaining, etc. At this point, family members usually start to experience the 5 stages of grief on an enhanced levels. It doesn't matter how many times we remind ourselves that we cannot possibly "fix" this, it downright hurts because "grief is the price we pay for love."

This quote, by Queen Elizabeth II, first made me think of my experience with grief and how hard it is. The very next thought reminded me that this is EXACTLY what new residents are experiencing when they move in.

In the past, I've attempted to explain that emotion is the eternal language. Even with those that have lost words, we will always be able to communicate. When these difficult behaviors arise after family has gone home, the translation is, "I feel so good when you're with me that it hurts when you're not." When our loved ones are giving us a run for our money, maybe blaming us or maybe even downright hurtful, we have to remember this: Grief is the price we pay for love.

This carries true in every situation that I can think of in my past, professionally and personally. Those that love us the most and the ones we love the most have the potential to hurt us more and make us angrier than anyone else in this world. . . and it's all because they love us the most.

Starting now, let's all try this: When someone we love starts to upset us, just think, "You must love me an awful lot!" Shoot! Say it out loud! You might even get a laugh. Happy New Year!

**COMMUNITY
MANAGEMENT**

Chris 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 Parris
Independent Living Manager

Maria Manalo
Resident Care Manager

Yesenia Villalbaso
AL Wellness Coordinator

Megan Mastre
MC Wellness Coordinator

Jocelyn Jackson
AL Life Enrichment Manager

Liza Watkins
IL Life Enrichment Manager

Kate Ritchie
MC Life Enrichment Manager

ASSOCIATE SPOTLIGHT – D’ANDREA TURNER AKA “DEE”

You might remember Dee, short for D’Andrea, as September’s associate of the month. We are proud to announce that Dee earned Associate of the year for 2019! Dee is normally behind the scenes as one of our two phenomenal pastry chefs in culinary services. She stepped in as a travel agent when mother nature decided to build a pool in our community. She takes any amount of information regarding our residents favorites and makes the most beautiful and personalized birthday desserts. (See back page for most recent example.) Dee finds great joy in making birthdays truly special for our residents and is able to incorporate their favorites into original masterpeices.

Raised in Sterling by two psychologists, Dee initially went into the family business and earned her degree in Psychology from UNC-Wilmington – which included studying abroad in Japan! After working “far too long in not-so-great jobs”, she attended the New England Culinary Institute studying Baking & Pastry Arts then was Pastry Chef for 6 years at Lansdowne Resort before Waltonwood snagged her.

Though she is not fond of being in front of the camera, she is studying photography and learning Mandarin. She also started traveling with her mother and they have already been to Hong Kong & Singapore! We’re not sure how all of this talent, intelligence and creativity came together in one package but we sure are thankful for her. Cheers to 2020, Dee!



TRANSPORTATION INFORMATION

We are love having friends meet us out or even join us for our trips! If you’re interested in attending or have some great suggestions, please email kate.ritchie@singhmail.com. We’re trying new restaurants this month to welcome our new residents who cite this cuisine as their favorites!

January Trips:

- 8th Brunch Bunch goes to IHOP @ 11:30
- 14th Afternoon Trip to the Movies at/around 2:00 PM. Residents vote but we’re guessing Star Wars.
- 22nd Morning Coffe & Bus Bingo @ 10:00
- 28th Local Park to release Chinese New Year Paper Lanterns @ 3:00.

JANUARY SPECIAL DAYS

10

Katy Morse performs @ 2:00.

Sweet lady, sweet voice, tons of fun!

14

Peter Bechtel Performs @ 10:30!

This guy is rock and roll magic!



12 & 21

Pet visits with Ozzie & Amos. Maybe we should clarify, BIG pet visits. Rosie visits almost every day! Thanks, Ruth!

29

Sip ‘n’ Paint completing our Wintery Tree paintings.



DECEMBER HIGHLIGHTS

06

You want me to paint the mug mural or your face?

He created the most beautiful mug for his beautiful wife!

12

“A little Sip ‘n’ Paint” Action. We broke into the NYE champagne early.



18

Holiday Lights tour went TWICE to catch all of the synced music action at local homes. The benefits of living in a tech-savvy area!

25

PT, Joanna, brought four of the loveliest volunteers to make Turkey Day Crafts.



FOREVER FIT – JANUARY JOURNAL

Every January, millions of Americans resolve to move more, eat better and stress less. In fact, nearly 55% of all New Year’s resolutions focus on improving overall health and wellness. While that’s an encouraging number, only 8% actually stick to their plan.

Good news! There are certain tactics that make you more likely to succeed in staying on track and reaching your goals. This year, try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing if the choices you’ve made took you closer too or further from your ultimate goal. Whether a short note or lengthy paragraph, keeping a journal helps to create personal accountability to achieve success now and for the months to come.

Start your January Journal to help make 2020 your healthiest year ever!

GREETINGS FROM CHRIS

Thank you for participating in the annual resident survey process. Your opportunity to submit feedback closes on January 3rd. The annual survey process provides insight into where we are successfully meeting your needs along with where we have opportunities to improve. We’ll utilize your feedback to either reward the team or to implement plans. The 2019 holiday season has been very busy and our resident growth has been significant. Due to this, you will notice that you have many new neighbors to socially connect with.

Please reach out, connect with someone new and welcome them warmly to the Waltonwood family. As the year comes to a close, we have the distinct opportunity to move into the next generation of life in 2020. This new year, I have a resolution that I plan to keep and I look forward to seeing what the upcoming “roaring 20’s” have to offer. I hope you had a blessed holiday season and I wish everyone a very happy and successful new year.

