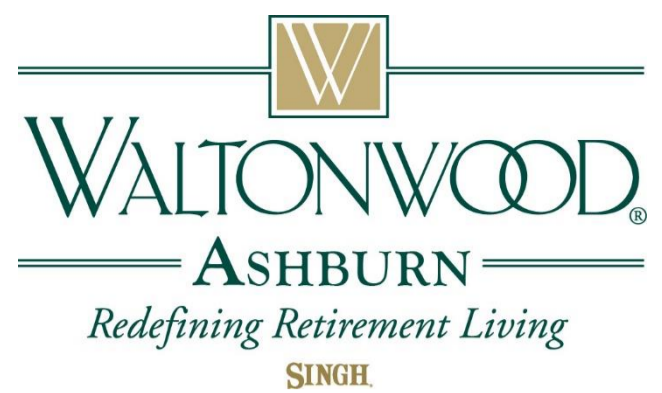


ASHBURN CONNECT

ASSISTED LIVING

JANUARY 2020



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COMMUNITY MANAGEMENT

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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 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

Happy New Year 2020! As we enter a new decade, we have many exciting events coming up this year.

Thank you for filling out your Life Enrichment surveys and attending the Resident Life Enrichment meeting to give us feedback on programming you would like to see in the coming year. We have added many new programs like new games, speakers, museum and monument trips, karaoke, bowling league, massage therapy and more. Of course, we are keeping our favorites on the calendar too like art class, gardening, lunch outings, book club, favorite games and entertainers. Our employee of the year and pastry chef, D' will be making us a monthly delicacy in her session "Desserts with D'." You won't want to miss this delectable treat. Join us for our monthly Family Night. Enjoy a complimentary dinner and then stay for our evening event of speakers, performers or fun family games.

Thank you for also filling out our annual Singh Survey about our community. Again, your feedback is very important to us as we strive to be the best senior living community in Northern Virginia. We want to thank you and your families for making Waltonwood an active and fun community to live in.

Life is good at Waltonwood.



ASSOCIATE SPOTLIGHT EMPLOYEE OF THE YEAR

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. Join D' for her monthly Desserts with D' and enjoy a delicious after lunch treat made right in front of us.



Movies of the Month

Show Times are at 2pm & 6:30 pm

- 1/4 When Harry Met Sally
- 1/5 Heaven Can Wait
- 1/11 Annie
- 1/12 Field of Dreams
- 1/18 Shawshank Redemption
- 1/19 3:10 to Yuma
- 1/25 Stan & Ollie
- 1/26 Jerry Maguire



Resident Birthdays

- | | |
|----------------------|--------------------|
| 1/1: Cecil Townsend | 1/15: Tom Poerstel |
| 1/4: Arlene Hamilton | 1/15: Mims Willcox |



FOREVER FIT/WELLNESS: 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 our overall health & wellness and while that's an encouraging number, only 8% actual stick to their plan. There are certain tactics however that make it much more likely you'll have success in staying on track and reaching your goals. This January try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing the choices you've made that took you closer to or further from your ultimate goal. Whether a short note or lengthy paragraph, keeping a journal helps to create the accountability necessary to achieve success now and for the months to come. So, this January write it down. Give yourself a tool to help make 2020 your healthiest year ever!

TRANSPORTATION INFORMATION & UPCOMING TRIPS

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

- 1/7 Cheesecake Factory – Cost depends on what you order plus tax & tip
- 1/7 Dollar Store
- 1/15 Shopping at Target
- 1/21 Sweet Signature Bakery – Cost depends on what you order plus tax & tip
- 1/21 Shopping at Giant
- 1/15 Martin Luther King Jr Memorial - FREE
- 1/29 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. 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, due to the time of year, trips may be canceled due to inclement weather.

As a reminder, the bus is only available for personal appointments on Mondays, Thursdays & Saturdays between 9am-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 48 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.

DECEMBER HIGHLIGHTS

Holiday Card Making with Kathy – Gingerbread Contest – Holiday Garden Show

Christmas Sing Along with Leah – Arbonne Holiday Party – Artech House



EXECUTIVE DIRECTOR CORNER

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.



News from Life Enrichment: Contests

We had 3 contests in the month of December – Gingerbread, Ugly Sweater & Door Decorating. Thank you to everyone who participated! Thank you to ProHealth for providing the gift cards for everyone.

The Gingerbread contest was up 1st with a \$25.00 gift card going to Joan Johnston. Honorable mentions went to Ira Furlong (2nd photo) and Ed Gallagher (3rd photo). Congratulations!



The Ugly Sweater Contest was great fun. Some of the sweaters were actually quite beautiful. The winner of a \$25.00 gift card was Victor Ast. Honorable mentions went to Yesenia, Sarah & Ramon.



And we couldn't haven't made it the holiday season without decorating our community & apartments. We decked the halls with our Door Decorating for the holidays. The winner of a \$50.00 gift card went to Asta Kane. Honorable mentions went to Al Malacarne, Edith Miley & Ira Furlong. Thank you also to the Garden Club for decorating the garden room & creating their beautiful crafts & gifts for everyone.



January Highlights

- New Year Concert with Tom Stringer
- Massages with Ashleigh
- Health Presentation: Brain Fitness
- Wii Bowling League
- Musical Masters: Elvis Presley
- Elvis is in the Building Scavenger Hunt
- Primary Voter Registration
- Desserts with D'
- Card Making with Kathy
- Karaoke Mixer
- History Presentation with Tom: Mata Hari
- History Presentation with Jerry: Tribute to MLK Jr.
- Family Night & Guest Speaker
- Concert with Bernard Kellett
- Health Presentation: Hyperlipidemia
- Martin Luther King Jr. Day themed events
- Musical Masters: Victor Borge
- Concert with Jim West
- Chinese New Year themed events
- Lunch Out/In: Chaus
- Musical Masters: Wolfgang Amadeus Mozart
- Art Presentation with Roger: London British Museum
- Chinese New Year Party
- Concert with Yvonne Johnson

\$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!



FRIENDS & FAMILY REFERRAL PROGRAM!

