



January Birthdays

Marilyn Flanigan 1/19

Kay Williams 1/24

Joanne Weber 1/28



FLOOR SOCIALS COMMUNITY CONVERSATIONS

WEDNESDAY JANUARY 8TH @3PM

**GROUND FLOOR- TRUNK CLUB
2ND FLOOR- HOBBY ROOM**

WEDNESDAY JANUARY 15TH @3PM

**1ST FLOOR- HOBBY ROOM
3RD FLOOR- TRUCK CLUB**

LIGHT REFRESHMENTS WILL BE SERVED



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

JANUARY 2020



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



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.

-Chris Leinhaur

COMMUNITY MANAGEMENT

Chris Leinhaur
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

Maria Manalo
Resident Care Manager

Yesenia Villalbaso
Wellness Coordinator

Megan Mastre
Wellness Coordinator

EMPLOYEE OF THE YEAR- D’ANDREA TURNER

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.

Newest Faces of Waltonwood

-General James Lucas

FOCUS ON FITNESS- 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

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

- 1/3- Shopping and Visit to Historic Middleburg
- 1/10- Lunch Outing to Lightfoot Restaurant in Historic Leesburg
- 1/17- Outing: African American Museum in DC
- 1/24- Lunch Outing: Founding Farmers in Reston
- 1/31- Outing: Kennedy Center Coffee Concert: Tchaikovsky’s Violin Concert

JANUARY SPECIAL EVENTS

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| 06 | 13 |
| Team Trivia Challenge | Nguyen Brothers Classical Piano Concert |
| 20 | 27 |
| Martin Luther King Jr. Celebration & Discussion | January Birthday Party |

