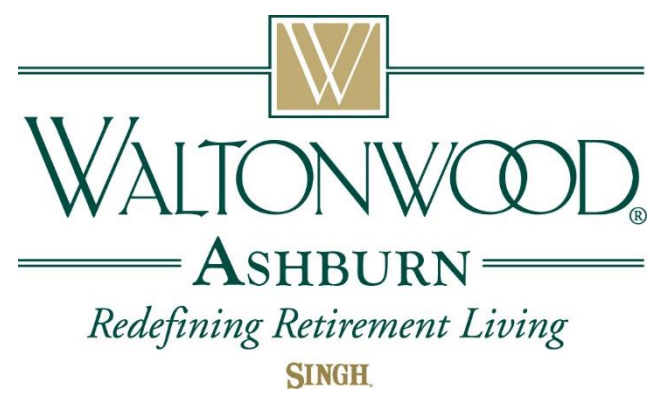


ASHBURN CONNECT

ASSISTED LIVING

FEBRUARY 2020



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



It's been a fairly mild winter. Hopefully it won't be too cold and spring will be right around the corner. We'll see what the Groundhog predicts.

February is full of fun holidays! We start the month off with a Super Bowl Party. Come watch the 49ers and the Chiefs duke it out on the big screen in the theater while munching on tailgate snacks. Join us for a Valentine's Day concert followed by a delicious Valentine's Day dinner with family and friends. Presidents' Day is next with many themed events during the week. Mardi Gras – Fat Tuesday - is at the end of the month. Join us for a creole lunch at Popeye's and end the day with a Mardi Gras Party while we sit back and relax and listen to the sounds of the Herb Smith Jazz Duo. Be sure to find the Baby during our all-day scavenger hunt. Find a baby and turn it in for a prize. And after waiting for four years, Leap Year is here! Join us for a frog hopping good time as we celebrate this every four-year special event.

Themed holiday parties, pet visits, arts and crafts, games and puzzles, discussions and speakers, entertainers, gardening, movies, outings, various clubs, religious and spiritual services, sports and community projects ... there are so many life enriching activities to choose from at Waltonwood.

Life is good at Waltonwood.

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

EMPLOYEE OF THE YEAR

Aisha Konneh joined Waltonwood in March of 2019 as a Medication Technician in Memory Care. She’s perfect for the position and sets an example as a leader through her actions. She’s always helping where it’s needed and not waiting to be asked. Aisha views challenging behaviors and situations as an opportunity to overcome and create positive experiences. She naturally finds creative solutions, always focusing on resident empowerment. She never does anything “to” or “for” a resident. She is always working “with” them. Because of this approach and her unflappable positive regard, residents, family members and coworkers naturally trust her. Residents seek her out as an authority figure and are comforted by her presence.

Aisha doesn’t take credit for or brag about her stellar performance. In fact, she appears confused when people are impressed by her. To her, this is the standard and because she expects 100% commitment from herself, she assumes that others perform to the same level. She helps wherever she sees any need, regardless of department or job assignment. She doesn’t view anything as being outside of her job description because her duty is to the residents. She shares joys and accomplishments with residents and is a constant cheerleader of her peers. Because of her communication and empathy, Aisha makes our jobs a lot easier and the atmosphere a lot brighter.



Movies of the Month

Show Times are at 2pm & 6:30 pm

- 2/1 Coal Miner’s Daughter
- 2/2 Spotlight
- 2/8 Heat of the Night
- 2/9 American President
- 2/15 Malcolm X
- 2/16 Butch Cassidy & the Sundance Kid
- 2/22 Glory
- 2/23 Harriet
- 2/29 Moonstruck



Resident Birthdays

- | | |
|-------------------|------------------|
| 2/3 Jean Nock | 2/21 Claude Muse |
| 2/14 Chuck Brown | 2/25 Joan Krah |
| 2/16 Mary Stevens | 2/28 Rose Lowe |



FOREVER FIT/WELLNESS: Know Your Numbers

Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure the healthy you have is the healthy you keep. There are however some other factors to consider. Numbers that when elevated can greatly impact how you feel. High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body making your heart work harder and more susceptible to heart disease and stroke. So, this February join with the American Heart Association and help celebrate American Heart Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue leading a healthy, happy lifestyle for years to come.

TRANSPORTATION INFORMATION & UPCOMING TRIPS

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

- 2/4 Lunch at Mon Ami Gabi – Cost depends on what you order plus tax & tip
- 2/4 Shopping at the Dollar Store
- 2/12 Shopping at Target
- 2/18 Starbucks – Cost depends on what you order plus tax & tip
- 2/18 Shopping at Giant
- 2/26 Breakfast at IHOP – Cost depends on what you order plus tax & tip
- 2/26 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.

JANUARY HIGHLIGHTS

Art Class with Juliet – Desserts with D’ – Fantasy Football Winner

Merit Children’s School –Wii Bowling League – Pet Visit with Evie



EXECUTIVE DIRECTOR CORNER

Did you realize that you can earn a bonus for referring someone new to Waltonwood? That’s correct! If a current resident or family member refers another family member or personal friend to Waltonwood, you will be compensated. After the prospective resident you referred has moved into the community and has resided at Waltonwood for a minimum of 60-days, you will receive your referral reward.

The 2020 resident referral bonus is \$3,500, up \$2,500 from the 2019 resident referral bonus of \$1,000. This is great opportunity to earn some cash back and to bring your personal network inside the walls. As Valentine’s Day approaches, please reach out and show the love to family and friends by letting them know about your experience at Waltonwood. Have them come in for a visit! We’d love to meet them and share what makes us special, better and different.



February Highlights

- Groundhog Day
- Massages with Ashleigh
- Super Bowl Party
- Tech Corner: Cell Phones
- Wii Bowling League
- Classical Capers: Beethoven
- Stone Bridge High School Concert
- Health Presentation with Dr. Behiri: Heart Attacks
- Concert with Diana Pieper
- Lunch & Learn with Encompass: Flu vs. Cold
- DJ & Dancing with Bill & Jean
- History Presentation with Roger: St . Valentine
- Music that Inspired the Civil Rights Movement
- Stagecoach Theater Valentine’s Cabaret
- Valentine’s Day Concert with Michael Terence
- Bella Ballerina Dance Show
- Smiles Through Music President’s Day Concert
- History Presentation with Roger: Presidential Humor
- Motown Marvels
- Color Streets Manicures with Erinn
- Concert with Chris Edwards
- Riverside Tri M Concert
- Senior Living 101: IL vs AL vs MC
- Mardi Gras Concert with Herb Smith Jazz Duo
- Concert with Antonio Plumer

News from Environmental Services

Work orders are submitted for any problems that arise in the common areas or in a resident’s home. Please submit any work orders to Concierge. Once a work order is submitted, the concierge will enter it , and the Maintenance Department will be notified via tablets. Work orders are normally completed within 24-48 hours, so allow us this time frame to address your issues. Please be advised, there are 2 types of work orders: emergency and non- emergency. Emergency work orders will be addressed first. If you have an emergency after hours, such as power outage, leaking pipes, toilet clogged or overflowing etc., please contact our 24 hour concierge and he/she will contact maintenance. For all non emergency issues, please submit a work order at the concierge desk.

Housekeeping and laundry are done on the same day of the week. When a resident moves into the community, they are provided a blue bag to put their dirty clothes into. This bag is retrieved on your laundry day. When clothes have been washed, they are placed on your bed for you to put away. If you need assistance putting clothing away, please notify the Resident Care Manager so that an aide can assist you.

Apartments are cleaned the same day of the week as your laundry. During this time, bathrooms and kitchens are cleaned as well as carpets vacuumed and items dusted. The housekeeping team is not allowed to move furniture. If you need toilet paper, paper towels or hand soap, these items are provided by Waltonwood, however, it is the residents’ responsibility to provide any other items.

If you are unsure when your housekeeping and laundry days are, please contact Concierge and they will provide you with that information. If you have any other questions or need more information, please contact Concierge and ask to be connected with the the Environmental Services Manager, Rudy.



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!

