

Family Group

Interested in experiencing the Virtual Demential Walk?

The actual "walk" takes about 15 minutes including preparation. We will have the debriefing and opportunity to discuss @ the 5:30 PM Family Support Group on **Wednesday February 26, 2020.**

Time slots are available from 3:00 – 5:30 PM on 2/26 and are first come first serve. Call our Concierge to reserve your space!

(If this time frame does not work for you but you are interested in the experience, please email Kate @ kate.ritchie@singhmail.com)

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. Someone from the salon will call you back to confirm your appointment or suggest another date & time.

DINING LIVE!: TABLESIDE DINING EVENTS

06

Mac & Cheese

20

Prime Rib

27

Philly Steak & Cheese

Saganaki Appetizers

SETTING NEW STANDARDS



Loudoun County Sheriff's Officers visited to receive "survival kits" created by our residents and out of Life Enrichment associate, Lori Courter's, creativity! Way to support local Law Enforcement, team!

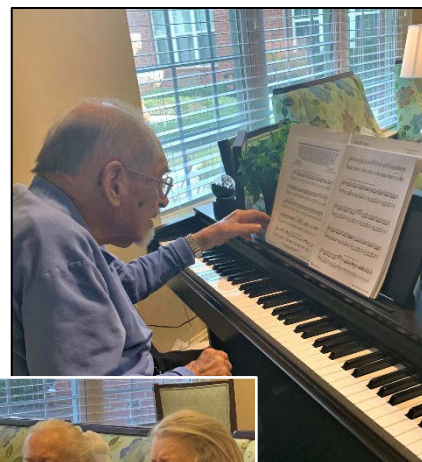


Marshmallow basketball, anyone? ^

Below: Sometimes Amor and Vivian are able to join in with Sue's Forever Fitness fun! It takes it to a new level!



"Doesn't sound the same" as a classical piano but it feels the same. You can't trick a musician!



Hello, Annie Oakley! The ladies impressed us in the Nerf gun target practice!



ASHBURN CONNECT - MC

FEBRUARY 2020



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



CAN'T TEACH AN OLD DOG NEW TRICKS?

Well. . . maybe that's true for old dogs. You'd be proven wrong if you dared to relate that statement to our residents! Ageism may be the last bias left to be addressed. And just like its relatives sexism and racism, it is very real to those who experience it. In 2015, a Tulane University experiment found that older candidates with far more work experience and the same set of skills receive far fewer responses to employment applications. In 2016, the median employee age at AOL was 27, Facebook was 28 and Amazon was 31.

This just goes to show that, while we have laws to protect our seniors from age-discrimination, it's systemic and pervasive. To those who have experienced it, it takes a toll on physical and mental health and can lead to feelings of loneliness from isolation. So how do we "cure" this epidemic?

The most common answer is finding the right senior living community which can range from the lifestyle of a Waltonwood resident to the medical-need based community. However, even within senior living communities, where we focus on utilizing, enabling and celebrating the gifts that can only come from wisdom, there is a pattern of age-ist judgement that appears to be accepted among peers in different areas of care.

For example, when I'm asked about my occupation, I sometimes hear, "oh bless you" or "those poor people." My response is pretty consistent and emphatically, "Let me show you what 'those poor people' did today. . . we are LUCKY to be able to work with such brilliant minds and blessed we are to be able to learn from them.

Our individual actions in response to hearing these sorts of opinions is what will build a community of people capable of breaking these stereotypes and shifting the balance. This starts with being aware of our own ingrained biases and inquiring the rational behind a statement that someone makes. The majority of the time, these statements are made out of a fear of mortality and unawareness of this commonly accepted segregation in value. So challenge it with proof positive accomplishments of our residents in all areas!

Maya Angelou famously said we "must always be intolerant of ignorance but understanding of illiteracy. . ." Help us break this stereotype and teach people to "read" and celebrate the refined talents, joys and gifts that only come from age.

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 Manola
Resident Care Manager

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

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!



ASSOCIATE SPOTLIGHT – AISHA KONNEH

Since joining Waltonwood in March of 2019, Aisha has set herself apart as a natural leader through her action, kindness and constant attention to each reach resident. She never views anything as being outside of her duties because everything is “for our residents”. She views challenges as an opportunity for further accomplishment.

She naturally finds creative solutions through empowering residents and teammates. Because of this approach and her unflappable positive regard, residents, family members and coworkers naturally trust her and turn to her for comfort. Aisha is creative and tenacious in all of her day to day tasks and values the balance of finding ways to empower others to accomplish tasks. When you watch her interactions with others, she clearly shares joy in the accomplishments of others.

When Aisha isn’t being a stellar associate at Waltonwood, she’s spending quality time with her husband and son or working on schoolwork towards her degree to become a dietician. Aisha’s future is so bright that the sky isn’t even the limit. We’re so thankful to have Aisha and proud to announce her as our Associate of the month for January!



JANUARY HIGHLIGHTS

09

Vision Boards Art Project!

Want to make your own?
Visualize your goal, grab some old magazines and cut anything that resonates with you.

11

Serenation Volunteer Project



17

Rodeo Glove Milking Contest!

23

Our Priest and Pastor offered a blessing for protection to Loudoun County Sheriffs along with their survival kits (see last page).



FOREVER FIT – 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 maintain or improving your current health. However, there are other factors to consider – a key piece of information is knowing your numbers.

High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body. In particularly, unmonitored or controlled numbers can take a toll on your hearth health, causing increased likelihood of heart disease and stroke. This February, “Go Red” on Friday February 7th recognizing the American Heart Association’s Heart Health 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 heathy, happy lifestyle for years to come.

TRANSPORTATION INFORMATION

The more the merrier! If you’re interested in meeting us out on a trip, please email kate.ritchie@singhmail.com. We are so excited about our opportunities with with Loudoun Therapeutic Riding League, an occupational dining experience to make our own pizza’s at Paisano’s and a sweet sensory experience in Sterling!

February Trips:

- 5th – Just for fun! Trip to the Alamo Drafthouse to see Doolittle (2020) Showtime is 2:15. Bus round-up @ 1:15.
- 11th – “Silver Spurs” Equine Therapy with Loudoun Therapeutic Riding League. Bus loads @ 1:00.
- 19th – Sweet Sensory Experience at Sweet Signatures @ 10:00 AM.
- 19th – Bowl America @
- 25th – We’re “makin the dough” @ Paisano’s for an experiential lunch bunch trip @ 11:00.

FEBRUARY SPECIAL DAYS

02 & 16

Therapeutic Massage with Ashleigh Darlington. If you would like to book Ashleigh privately see Kate for contact information.

11

Friendly rocker, Peter Bechtel performs @ 11:00.



14

Valentine’s Day Dinner!
RSVP by 2/07 to attend.

28

Sing Along with Katy Morse @ 2:00 PM.



EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

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.

