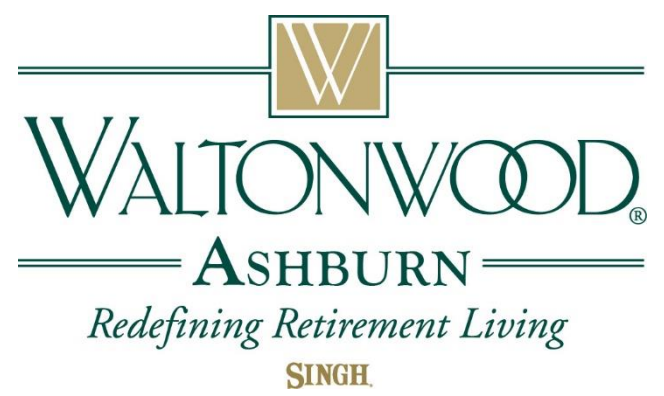


# ASHBURN CONNECT

ASSISTED LIVING

MARCH 2020



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



Spring is here! It's time for us to see beautiful flowers growing & hear the birds singing joyously. Don't forget to set your clocks ahead this month so we can spring into action even sooner. We have many upcoming events that take us indoor and allows us to enjoy the warm weather outdoor too.

In March it's Dr. Seuss's birthday so we're honoring him with a special visit from Compass Day School. Dr. Seuss even wrote a book for seniors. Girl Scout Day is also this month so we're having Troop 1975 host a special Bingo afternoon with prizes. Later in the month we will have a Girl Scout Cookie Tasting Contest.

It's Friday the 13<sup>th</sup> this month so join us for a day of superstitions that you might have too. And because it's 3/14, we get to have Pi Day!

In honor of St. Patrick's Day we have many events planned from St. Patrick's Day trivia and Lucky 7 dominos to our Leprechaun Scavenger Hunt to the Blue Ridge Thunder Cloggers to a history presentation about the Celtic Roots of the Irish to Irish songs and mint shakes.

We're ending the month with our annual Taste of Waltonwood. Be sure to invite your family and friends to the event so they can take a tour of our community, taste our delicious food and go home with a special gardening project.

There are so many life enriching activities to choose from. 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 MONTH

Congratulations to Raquel Cashpal for being selected as the Employee of the Month. Raquel has been at Waltonwood for 2 years. She started as a housekeeper & has been promoted to Housekeeping Supervisor. Raquel has worked as a restaurant cook and an accountant in El Salvador. She moved to the United States 3 years ago to have better work opportunities. Raquel enjoys spending her free time with her daughter. They like to go to the beach. She enjoys working with seniors because she loves listening to the residents’ life stories.

Raquel continues to go above and beyond for the residents and her fellow team members. She is always willing to say yes to get the job done in a timely manner and correctly. She is always positive and willing to go the extra mile to keep her team motivated and upbeat, to include bringing lunch to them to keep morale intact. Her positive demeanor is an inspiration to others within the community. Several residents have expressed their appreciation for Raquel on a daily basis. The community is always extra bright with Raquel and her team.



## Movies of the Month

Show Times are at 2pm & 6:30 pm

- 3/1 Green Mile
- 3/4 Cast Away
- 3/7 Out of Africa
- 3/8 Judy
- 3/11 Father Goose
- 3/14 Shane
- 3/15 Lilies of the Field
- 3/18 A League of Their Own
- 3/21 12 Angry Men
- 3/22 Great Expectations
- 3/25 Love Takes Wing
- 3/28 One Flew Over the Cuckoo’s Nest
- 3/29 Patton



## Resident Birthdays

- |                    |                    |                  |
|--------------------|--------------------|------------------|
| 3/5 Mary Blackwell | 3/10 Audrey Hughes | 3/20 Mary Murphy |
| 3/7 Irene Knowles  | 3/11 Ginny Meyer   |                  |
| 3/8 Fred Hill      | 3/13 Larry Wu      |                  |



## FOREVER FIT/WELLNESS: Pick Your Pace

Just like our personalities our fitness profile is uniquely ours. Our strengths, weaknesses, abilities and limitations are directly related to our overall health and wellness. Past experiences often shape our perception of where we feel we “should” be when assessing our current state, and while it’s completely normal to want to compare ourselves to others...don’t! What matters most is being honest with yourself and with your capabilities because it’s those capabilities that allow you to establish an appropriate base upon which your future improvements can be built. By focusing on yourself rather than focusing on the work of your peers you help identify what your body truly needs, a tailored approach designed for you and you alone. Like most things in life exercise is not a one size fits all so don’t be afraid to slow down to pick a pace that suits you best. A good exercise program is a safe exercise program designed with your needs in mind and is the safest one of all.



# TRANSPORTATION INFORMATION & UPCOMING TRIPS

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

- 3/3 Lunch at Finnegan’s Grill (Cost varies depending on what you order plus tax & tip)
- 3/3 Shopping at TJ Maxx
- 3/11 Shopping at Target
- 3/11 Meadow’s Farms Nursery
- 3/25 Shopping at Walmart
- 3/31 Shopping at Whole Foods

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.

# FEBRUARY HIGHLIGHTS

Super Bowl Party - Pet Visit with Alex – Serenation Suncatcher Community Project

Book Club – Valentine’s Day Dinner – Bella Ballerina



# EXECUTIVE DIRECTOR CORNER

Thank you for completing the resident\family satisfaction survey over the holiday season. I’ve spent a great deal of time reviewing your responses. I look forward to celebrating with my team, the success we realize from your feedback. I also look forward to implementing the action planning process in areas identified as opportunity for improvement. In the upcoming weeks, I’ll forward further communication regarding the survey results along with our 2020 community goals. Thank you again for your participation.



During the second week of March, the Waltonwood Leadership Team will be traveling to Michigan for a week of training and development at the annual Singh Leadership Symposium. Rest assured, business at Waltonwood will continue to operate normally. Dates for the annual symposium are Tuesday March 10th to Thursday March 12th. Liza Watkins, our Independent Living Life Enrichment Manager, will be the designated “manager on duty.” Kathleen Kisiah, Community Sales Manager, will also be on-sight to support her. The concierge team will remain your point of contact for daily needs. We are excited for this opportunity to grow as a team.





## March Highlights

- Bingo Bash with Girl Scout Troop 1975
- Dr. Seuss Day with Compass School
- Loudoun Bookmobile
- Loudoun County Sheriff's Department: ID Theft, Fraud & Scams
- Concert with Audrey Harris
- Dance Movement & Wellness with Anastasia
- Concert with DC Washington
- Prohealth Lunch & Learn
- Friday the 13<sup>th</sup> Superstitions
- Concert with Bradley Davis Duo
- Pi Day Social
- Girl Scout Cookie Tasting
- Lunch Out/In: Tropical Café
- Blue Ridge Thunder Cloggers
- Irish Songs & Mint Shakes
- History Presentation with Jerry: Truman vs. MacArthur
- Welcome to Spring Family Night Dinner
- Encompass Health Presentation: Advanced Care Planning
- Crossword Tournament
- Concert with Steve Gellman
- On that Note Cabaret
- History Presentation with Roger: Celtic Roots of the Irish
- Concert with Bertram McLeish
- Health Presentation with Dr. Behiri: Depression
- Taste of Waltonwood

## News from the Department Heads

### Executive Director

Our referral program has increased from \$1,000 to \$3,500. Please continue to refer your family & friends to Waltonwood so you can take advantage of this benefit.

### Buisnes Office

Concierge is available 24/7. If you have any questions or need assistance, please contact 571 918-4854.

### Marketing

Our family is continuing to grow. Please welcome new residents you see around the community.

### Resident Care

We are continuing to search for a Wellness Coordinator for the community. Please see Maria or Jessica if you have any questions about your care.

### Culinary

We had a fabulous Valentine's Day Dinner. There were 41 RSVPs! Thank you for participating. We also have a new Dining Room Supervisor, Roberto. Please welcome him to our family.

### Maintenance

New air filters have been ordered for everyone's apartments. They will be installed once they come in.

### Life Enrichment

We have many fun upcoming activities for the spring. As a reminder, don't forget to set your clocks ahead one hour before you go to bed on Saturday, 3/7.

Join us for our Resident Council Meeting (residents only) on 3/5 at 10am followed by our Town Hall Meeting with the department heads at 11am.



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$3,500 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!

