

CULINARY ACTIONS STATIONS- MARCH



March Birthdays

- 3/3 – Linda Carlson
- 3/8- Pat Kauffman
- 3/14- Sandra Horan
- 3/23- Lucille Colatrella
- 3/25- Dee Pytko
- 3/27- Henrietta Dudek

- Tuesday 3/3- Omelete Station
- Tuesday 3/10- Ice Cream Sundae
- Tuesday 3/17- Shrimp and Grits
- Tuesday 3/24- Hot Dog Bar

Congratulations to the Culinary Team on their "People's Choice: best Dessert" Award at the Chocolates Galore & More Event! We appreciate all your hard work and dedication to our Residents.



\$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!

ASHBURN
CONNECT

MARCH 2020



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Facebook: /WaltonwoodAshburn



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 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.

As well, during 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 Summit. Rest assured, business at Waltonwood will continue to operate normally. Dates for the annual summit 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 in support. The concierge will remain your point of contact for daily needs. We are excited for this opportunity to grow as a team.

Chris Leinhaur
Executive Director

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
- Megan Mastre
Wellness Coordinator

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 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.



Newest Faces of Waltonwood

Richard O’Connell

Sarah Halpert

FOCUS ON FITNESS- 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 thing in life exercise is not 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 one designed with your needs in mind is the safest one of all.

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

- Friday 3/6- 10:00am Coffee & Pastries Outing
- Friday 3/6- 2:00pm Brambleton Library
- Friday 3/13- FREE Music and Lunch Outing
- Friday 3/27- Day Trip- Charlestown Casino

MARCH SPECIAL EVENTS

13	17
Outing to Tam McGeady Irish Band	Blue Ridge Cloggers St. Patrick’s Day Performance
21	31
On That Note Performance	Taste of Waltonwood Open House

