

Upcoming Events

- Amaze-Singh Eats
- Embrace an Elder Concert
- 4th of July Games, Puzzles & Social
- Piano Concert with the Nguyen Brothers
- Birthday Party
- Songs About Food
- Vocal Piano Concert with Morrie & Norma Kelsey
- Slurpee Day Party
- Virtual DJ with Bill & Jean
- Health Presentation with Dana: Heart Health & 8 Lifestyle Changes
- Bastille Day Party
- Musical Notes: Stephen Foster
- Shakespeare Series: As You Like It
- Vocal Guitar Concert with Bill Davis
- Behind the Race to the Moon
- Smiles Through Music Concert
- Strawberry Shortcake Party
- Name That TV Tune
- Show by Show: The King & I
- Top Songs of 1950-59
- Healthcare Presentation with Medical Team: All About COVID
- Sweet Treat Social
- Vocal Concert with Robin

\$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!

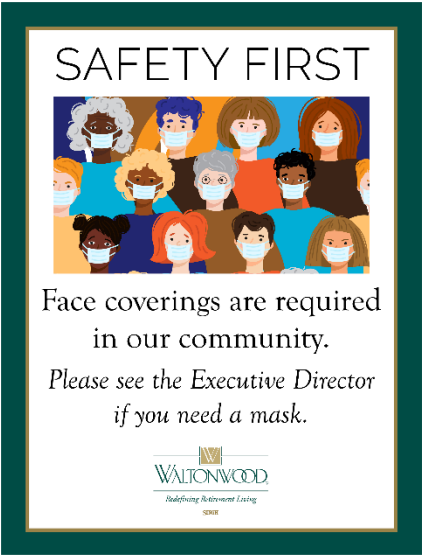


Life Enrichment Corner



Congratulations to Dot for winning the Guess Who Baby Contest.

Thank you for hanging in there during our nationwide COVID issues. Residents are free to go for a walk around the community, however, whenever you are out of your apartment you must wear a mask (covering your mouth and nose) and socially distance (6 feet apart). As the country continues to open up and COVID numbers are increasing, at this time we are asking that family members please not come to the community for visits. If residents leave the community to go to any public settings, you must stay in your apartment for 72 hours (3 days) and be COVID symptom free prior to coming out of your apartment. Waltonwood continues to take appropriate measures to keep our Waltonwood family safe. We want to continue to keep the virus out of our community so we appreciate your assistance with this. Thank you.

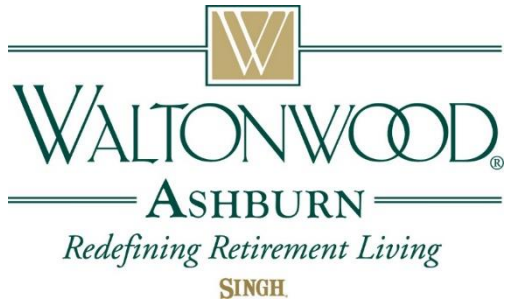


ASHBURN CONNECT

ASSISTED LIVING
JULY 2020



Happy Birthday to the United States of America who turns 244 years old in July. Boy does she look good for her age. We celebrate all residents who have birthdays with a monthly birthday party. Because residents are staying in their apartments, the life enrichment department decided to go even further to make each resident birthday more special. On the resident’s birthday, residents receive a birthday card signed by the life enrichment team, a birthday sign for their doors, balloons and a cake made just for them by the Waltonwood pastry chef. Family members drop off special gifts too that are delivered to the residents. Residents beam with excitement as we capture the moment of surprise with a photo. This month we celebrate three resident birthdays. We won’t be forgetting America either. In the days leading up to America’s birthday we will make a 4th of July Wreath for our apartment doors, have All American trivia, play a red, white and blue word game and be serenaded by Embrace an Elder’s patriotic concert on Goto. On the 4th, we will play themed games and puzzles and play 50 States/13 Colonies trivia. Later that afternoon we will have a door to door Red, White & Blue Party with cherry, lemon and blueberry jello jigglers. What a celebration! There is always something happening in our community, even with our current issues occurring. Life is good at Waltonwood.



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COMMUNITY MANAGEMENT	
Chris Leinauer	Executive Director
Audrey Poore	Business Office Manager
Tiffany Ashton	Marketing Manager
Kathleen Kisiah	Marketing Manager
Rudy Williamson	Maintenance Manager
Chandis Parris	Independent Living Manager
Maria Manola	Resident Care Manager
Stephanie Jordan	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

ASSOCIATE OF THE MONTH – Amor Cruz

Congratulations to Amor for being selected as Employee of the Month! Amor was selected because she goes above and beyond. Amor is from the Philippines. She started her career as a Registered Midwife. She owned her own clinic for 22 years, delivering many babies. When a mother who had just given birth lost a lot of blood, Amor incredibly donated her own blood to the woman. While in the Philippines she also did medical missionary work with her church. During the COVID outbreak she donated money to the church so that the poor wouldn’t go hungry.

When Amor moved to the US in 2010, she became a licensed Certified Nursing Assistant. She began working in a hospital and then switched to senior care. It was here that she found her passion. Amor loves working with seniors, especially those in memory care. She thrives on making residents look good before they leave their apartments so that they feel good about themselves. She tidies residents apartments to help them keep things organized so that the residents are proud of their homes. She even decorates the residents’ walkers and wheelchairs so that they have outstanding modes of transportation. After COVID entered our community, Amor used her crocheting skills to make special gifts for all the residents like barrettes, headbands and cell phone cases. When one residents’ shoes hurt her so badly, Amor crocheted her slippers so she would have something soft and comfy on her feet. Upon finding out the salon employees couldn’t come into the community, Amor cut the residents’ hair and painted the ladies’ nails.

In Amor’s spare time when she not crocheting items for the residents, she and her husband, Romeo (he works in the maintenance department at Waltonwood) enjoy cooking. They bring this food to their fellow team members to share. Amor has three children and is looking forward to the upcoming addition of a grandbaby to the family. The baby is expected to be born on the 4th of July, just like one of her daughters.



JUNE HIGHLIGHTS



Gardening with Chris – Father’s Day – Root Beer Floats



FOREVER FIT – You Can

Henry Ford once said, “Whether you think you can, or you think you can’t...you’re right.” Often the ultimate success of an exercise program starts with the words we tell ourselves. Far too often we don’t give ourselves the credit we deserve for the strengths we have. Far too often we focus on what we can’t do instead of embracing what we can. At a time when motivation can be hard to find and positive thoughts are replaced by uncertainties, give yourself the credit you deserve. The words we tell ourselves are the foundation, so let those words be kind, confident and powerful!

TRANSPORTATION INFORMATION & UPCOMING TRIPS

The Waltonwood bus is now available for medically necessary appointments only. We will begin this service on Monday, July 6th. Please be aware that this is a temporary arrangement and will change as we are able to open the community. If you would like to make an appointment, please follow the below procedures.

1. Call Monday-Friday between 9am to 5pm at 571 918-4854 and ask to speak with Jocelyn or Liza.
2. Appointments must be made 48 hours (2 days) in advance.
3. Appointments are only available Monday-Friday.
4. The bus will be running from 8am-12pm and 1pm-3pm to allow for travel time.
5. When making appointments, please give us your appointment location and time. Appointments should not start before 8:30am and must end by 3pm.
6. Your appointment is not confirmed until you receive a verification response.
7. Only one resident will be permitted on the bus at a time.
8. Residents must sanitize their hands pre and post transportation, wear masks and socially distance.
9. Upon return to the community, residents must remain in their apartment for 72 hours (3 days) and be COVID free before moving about the community.

WALTONWOOD SALON

The Waltonwood salon is currently closed as we are not allowing visitors to come into the community at this time. We are sorry for the inconvenience. Public salons are now open, however, if you leave the community, you will need to remain in your apartment for 72 hours (3 days) and be COVID free before moving about the community.

RESIDENT BIRTHDAYS

- 7/10 Joan Johnston
7/13 Frank Doyle
7/30 Bill Pierce



EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

We opened our Independent Living Bistro on Monday, June 15th. It’s currently open for take-out orders only. We have social distancing guidelines and sanitation measures in place. We’re also in the process of resetting our dining rooms in anticipation of a return to service. We continue to follow CDC, VDH and LCHD guidance regarding Corona Virus health and safety protocols and procedures. Based on their guidance, visitation is still generally prohibited with the exception of medically necessary and compassionate care situations. We are not encouraging visitation inside or outside Waltonwood Ashburn. We ask that you not congregate in groups outside. Coming out of isolation a few weeks ago, the goal was to encourage exercise, fresh air and sunlight. Not an encouragement to gather in clusters of groups to socialize and party. Thank you for your compliance and understanding.