



Happy Birthday,
Susan & Dr. Sweatt!
Birthday Parties:

Susan on the 1st @
3:00 PM

Dr. Sweatt on the
13th @ 3:00 PM

SALON

You wouldn't know it by the looks of our residents but our Salon's reopen date remains TBD. Turns out that our caregivers are talented at more than just a wash & comb or set!

FAMILY GROUP

Even though we're not meeting this month, Kate is always available to help, listen and offer support.



THEME DAYS

- 3rd & 4th Red, White & blue!
- 10th Bring Your Bling!
- 17th Impersonate your favorite singer!
- 24th Pajama Party!

FAMILY-FRIENDLY PATRIOTIC PUNCH

Ingredients

- 32 oz. bottle White Cherry Powerade
- 32 oz. bottle Mixed Berry Powerade Zero
- 32 oz. Minute Maid Fruit Punch
- Fun Straws
- Ice

Directions

1. Fill a glass of your choice to the top with ice.
2. First, slowly pour the fruit punch into the glass going about 1/3 of the way up. Pour to the side of the ice so the ice stays free of color.
3. Next, very slowly pour the white cherry Powerade into the glass going about another 1/3 of the way up.
4. Last, very slowly pour the mixed berry Powerade into the glass to the top.
5. Carefully put a straw into your glass and serve immediately.

Note: If you cannot find the exact juices I used, you can substitute other kinds. However, the sugar content is very important as it helps the different colors not mix as easily. The red is the highest sugar content of 38-40 grams sugar. The white is next at about 20-22 grams sugar. The blue should be only 0-8 grams sugar.



Enjoy!

FRIENDS & FAMILY \$3500 REFERRAL PROGRAM!

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 - MC

JULY 2020



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BALANCE IS A CREATION

Historically, we've seen the largest unification of people in the aftermath of tragedy that seems to fade just as quickly with the return to daily routines. News channels seem to become more sensationalized and tragic every day. With all of the stress we experience daily, we wanted to create some balance by naming some positives

Here is what we have so far (add your own positives to it):

- Community spirit. People of all ages and cultures have come together to support each other whether through pre-purchasing gift cards at the barber, large tips or taking meals to your neighbor who just lost employment.
- Renewed focus on our senior citizens. We've seen this at Waltonwood a hundred times over from our incredibly family members but also from local youth reaching out to make a new senior friend!
- Improved air quality. In New Delhi – known for having some of the worst air pollution in the world – airborne pollution dropped by 71% in just one week! Similar effects have been found worldwide for areas implementing social restrictions to manage the spread of Covid-19.
- Global lifestyle changes towards better hygiene.
- National boundaries are artificial (along with political lines within each nation). Governments are working together not just within countries but across countries to keep citizens safe.
- We are starting to remember that people are not islands. We can all now understand the importance and intimacy of a hug or handshake and despite our differences, we have more in common with each other and share the human experience.

While this is just the tip of the positivity list, there could be thousands more and it still would not begin to balance the loss of life and livelihood. While our hearts and deepest sympathies go out to those grieving loss and finding new ways of life, we hope that these positives and knowing you have a growing community willing to support you will help on your journey.

Perhaps it took a pandemic for us to realize that we are all one humankind.

COMMUNITY
MANAGEMENT

Christopher Leinauer
Executive Director

Audrey Poore
Business Office Manager

Tiffany Ashton
Marketing Manager

Kathleen Kisiah
Marketing Manager

TBD
Culinary Services Manager

Rudy Williamson
Maintenance Manager

Chandis Parris
Independent Living Manager

Maria Manolo
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



4 Father's Day gifts complete with origami suits and filled with 'manly' goodies for our amazing Pops!

ASSOCIATE SPOTLIGHT – AMOR CRUZ



Please join us in congratulating our newest Employee of the Month, Amor Cruz! Amor began her career as a Registered Midwife in the Phillipines, where she owned her own clinic for over 22 years. When a mother who had just given birth lost a lot of blood, Amor incredibly donated her own blood to the woman. Amor also worked with church missionaries in the past. Her charitable work continues today where so many were worried about their jobs and saving money, Amor donated to the church to provide food for those who have less.

Amor moved to the US in 2010 and became a Certified Nursing Assistant working in hospitals and moving to senior living where she found her passion. Amor loves working with seniors, especially those with dementia. She thrives on helping residents look and feel good about themselves. She helps residents organize their apartments so they are proud of their homes, helps accessorize walkers and wheelchairs to add a little pizzazz to their transportation and used her crocheting skills to make helpful and beautiful gifts for residents when Covid shut down normal operations. When a resident had trouble with her shoes hurting her, Amor crocheted her slippers. When salon employees were not allowed in the community, Amor worked with families and residents to keep them groomed and trimmed.

When Amor is not creating something wonderful for residents, she and her husband, Romeo (another fabuou Waltonwood associate) enjoy cooking together, often bringing food to share with us at work. Amor has three children and is looking forward to her first grandbaby expected on the 4th of July, just like one of her daughters.

JUNE HIGHLIGHTS

06

If you can't get to the lake, get the lake to you!

We had a good time practicing our casting skills and catching fish in the fresh air.

18

When life gets salty, make taffy!

Some residents had pulled taffy before and others had a first time experience.

19

Flower arranging class to make patriotic bouquets!

Followed by a Sundae bar. ☺

26

Food Truck Friday was a hit! Homemade cheese sauce and pastry chips for nachos!



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 of our potential so let those words be kind, confident and powerful!



TRANSPORTATION

Transportation will be up and running for medically necessary appointments only starting Monday, July 6th. Appointments are only available Monday through Friday and only one person will be allowed on the bus at a time. Passengers must sanitize their hands pre and post transportation and upon returning to the community, residents must remain in their apartment for 72 hours.

JULY SPECIAL DAYS

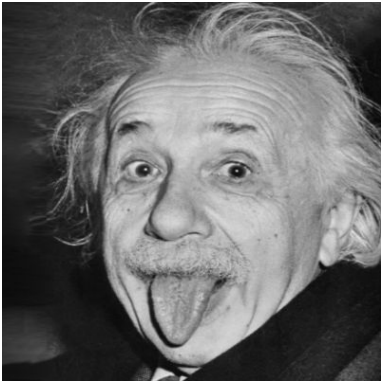
04

Patriotic Sing-Along.

Kaboom Bingo & Community Spray Art.

09

Iconic Photo Impersonators Calendar Project begins!



17

Pie in the Face Game with staff and residents!

24

Orange Julius and Pajama Party!



EXECUTIVE DIRECTOR CORNER – A NOTE FROM CHRIS

We opened our Independent Living Bistro on Monday, June 15th to residents. It is currently open for take-out orders only with social distancing guidelines and sanitation measures in place. We are 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 this guidance, visitation is still generally prohibited with the exception of medical necessity and compassionate care situations. We are not encouraging visitation inside or outside Waltonwood Ashburn. We ask that you not congregate in groups outside. The goal when coming out of isolation a few weeks ago was to encourage exercise, fresh air and sunlight. It was not an encouragement to gather in clusters of groups to socialize and party.

Thank you for your compliance and understanding.