



September Birthdays

Suzanne V. 9/8

Russ S. 9/11

Bob H. 9/11

Jean M. 9/12

Phyllis R. 9/16

Gloria N. 9/18

Anthony S. 9/20

Nancy L. 9/23

Sheila W. 9/25

James S. 9/27

Margaret K. 9/27

Jokes of the Month

"Why don't eggs tell jokes? They'd crack each other up."

"Why can't a nose be 12 inches long? Because then it would be a foot."

"If you see a crime at an Apple Store, does that make you an iWitness?"

"Why do bees have sticky hair? Because they use a honeycomb."



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!

ASHBURN CONNECT

SEPTEMBER 2020

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



We currently do not have any residents or employees showing signs or symptoms of Corona Virus. Please continue to wear a mask and to practice the recommended social distancing guidelines (6-feet of separation). Utilize our front entrances when re-entering the community and continue to participate in the health checks at the front desk. 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 medical necessity and compassionate care situations.

Best Regards,

Chris

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

Sandra moved from Ghana to the United State in 2018 to be closer to family. While in Ghana she was studying Bio Chemistry as enjoyed science. Upon moving to the US, she fell in love with Computer Science as she enjoys writing programs, computer languages and problem solving. Sandra is looking to graduate from college in 2023. She would love to be able to merge both Computer Science and the heath care field together so she can continue working with seniors. Sandra began her career working in home health care. She started working at Waltonwood in February 2020 working the night shift as a caregiver. Sandra immediately found that she enjoys working with seniors, especially residents in Memory Care as she finds the job very rewarding. In Sandra's spare time, she enjoys reading inspirational books. Her favorite book is *The Magic of Thinking Big*, by David Schwartz. The book is about how your thoughts influence whether you are successful or not. Sandra really enjoys cooking and baking. One of her signature dishes is a savory meat pie which consists of ground beef, corned beef, carrots, onions and potatoes. She also enjoys spending time with family and friends.



TRANSPORTATION INFORMATION

- Transportation is available for **MEDICAL** appointments only
- Please reach out to Liza Watkins to schedule your appointment
- Masks must be worn at all times in the vehicle
- Residents are required to quarantine for **72 hours** upon their return

SEPTEMBER SPECIAL EVENTS

Wii Bowling Leage begins 9/8 – All are welcome to join the team!
 "DEFIANCE" presentation with Jimmy B. 9/10 & 9/24
 Flower Arranging with Dana 9/11
 State Fair Week 9/21-9/25
 Alzheimer's Walk Around the Building 9/25

FOCUS ON FITNESS- A Purposeful Plate

Food is a very powerful thing. It can unite friends and family around the table, fuel an active lifestyle and provide the key nutrients essential to feed a growing body. It's no wonder that the dietary choices we make have a direct impact on our overall health and wellbeing. Making conscious, nutritious food selections not only promotes a healthy waistline, but also helps to combat against cardiovascular disease, improves immune health and can potentially reduce the inflammation associated with arthritis. By limiting the number of packaged, processed foods and maximizing a variety of fruit, vegetables, whole grains, lean proteins and healthy fats you can help ensure your body is getting the necessary nutrient rich fuel it so desperately needs. So the next time you sit down for a meal take a look at your plate because the only thing better than a tasty dish is a powerful plate!

