

Upcoming Events

- Treasure to Treat Chocolate Milkshake Social
- One Hit Wonders
- On That Note: Sterling Playmakers Thrives
- Kentucky Derby Horse Bingo & Derby
- Labor Day Games & Concert with the Nguyen Brothers
- Wii Bowling League
- Hole in One Cream Filled Donut Social
- Famous Shakespeare Quotes
- Concert with Litha Ashforth
- Grandparents Day Games, Wit & Witicism
- Passport Travels with Wivine: Democratic Republic of Congo
- Hershey Park History & Chocolate Social
- Dance-A-Thon
- Assisted Living Week 9/13-19
- Art Appreciation: Grandma Moses
- RESPECT Day
- Concert with Pam Butler
- Apple Dumpling Social
- Musical Notes: BB King
- Concert with Jim West
- Alzheimer's Walk for Life
- Hot Apple Cider Social
- Concert with Jocelyn

Announcements



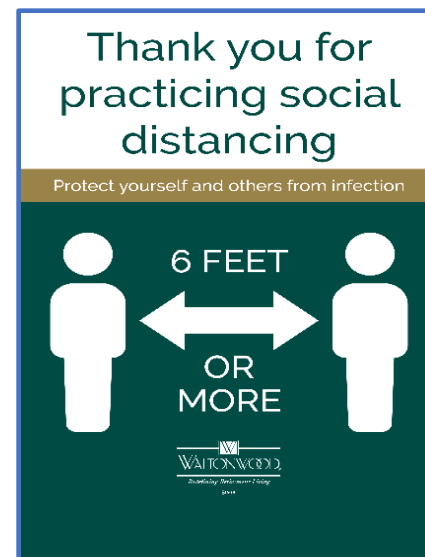
Congratulations to Jim and Mary Schroeder. They have been married for 60 years!

Flu Shots

ProHealth will be administering flu shots on September 22 & 24 from 8am-12pm in the conference room. You must sign a content form prior to receiving this vaccine. Please contact Maria Manalo for more information.

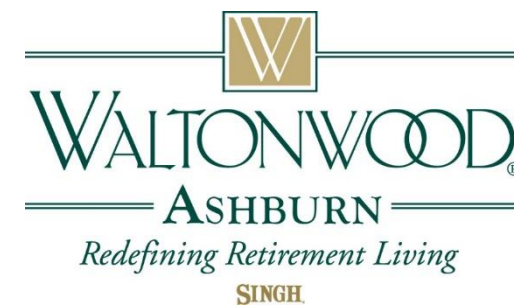
Wellness Coordinator

We are excited to announce that Keesha Sampson is our new Assisted Living Wellness Coordinator. Keesha was promoted from the supervisor in charge. Congratulations!

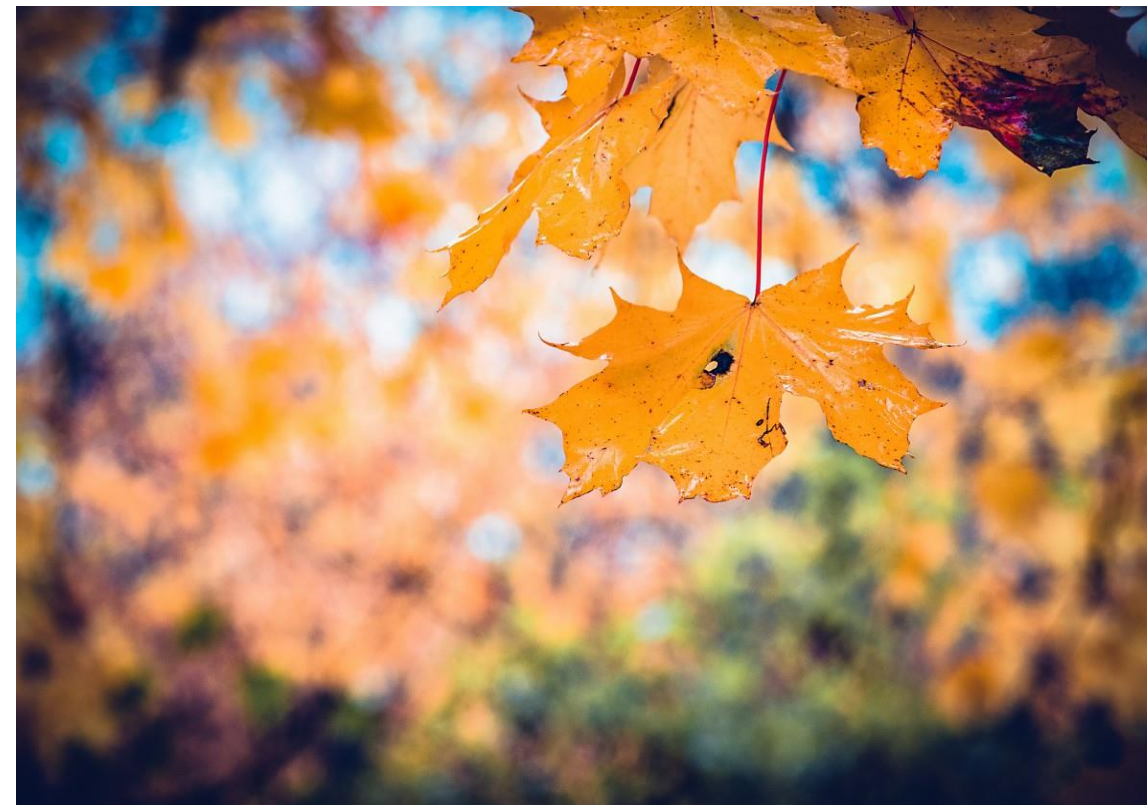


ASHBURN CONNECT

ASSISTED LIVING
SEPTEMBER 2020



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



Autumn has arrived! Along with the cool breeze are some cool upcoming activities. We are starting up our long awaited Wii Bowling League again this fall. The session is from September 7th and end on October 30th. Because of so much interest last year, instead of one team this year, we are having Men's and Women's teams. Last year we placed 4th, so this year we are aiming to come in 1st place and win the big prize. If you would like to join one of our teams, please let someone in the Life Enrichment Department know so we can sign you up. Join us for our new Passport Travels program. Pick up a passport and visit various countries. Once you travel to the country with us you will receive a flag sticker to put in your passport. Learn about each country, its history, culture, languages, flora and fauna, national symbols and more. This month our very own Wivine Eketebi is sharing her home nation of the Democratic Republic of the Congo. We're also touring the states in our Across America series. Celebrate Assisted Living Week with us. Each day we have a special event planned. This month is the Alzheimer's Walk for Life. Even though the event is on a smaller scale, we are still walking around the community to help raise money for the cause. We would love your participation. We are also having a telethon to help raise money for the cause. If you would like to share a talent or skill with us during our telethon, please sign up with Jocelyn. Life is good at Waltonwood.

COMMUNITY MANAGEMENT

Chris Leinauer
Executive Director

Audrey Poore
Business Office Manager

Tiffany Ashton
Marketing Manager

Kathleen Kisiah
Marketing Manager

Robert McKeon
Culinary Manager

Rudy Williamson
Maintenance Manager

Chandis Parris
Independent Living Manager

Maria Manola
Resident Care Manager

Keesha Sampson
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

\$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!



ASSOCIATE OF THE MONTH – Sandra Asiedu

Congratulations to Sandra Asiedu for being selected as Employee of the Month! Sandra was selected because she goes above and beyond.

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 health 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 meatpie which consists of ground beef, corned beef, carrots, onions and potatoes. She also enjoys spending time with family and friends.



AUGUST HIGHLIGHTS

Dogs Days of Summer Bingo - International Friendship Day –
Concert with Lauren



FOREVER FIT – A Powerful 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 and 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!

TRANSPORTATION INFORMATION & UPCOMING TRIPS

The Waltonwood bus is now available for medically necessary appointments only. 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 now open. The salon is open on Tuesdays and Wednesdays from 10am-4pm. Only haircuts are being provided at this time. Other services will be provided at a later date. To make an appointment, please call 800 543-9140 or email wwashburn@southernluxsalons.com. The maximum capacity is two (2) residents at a time. Walk-ins will not be accepted. Please do not enter the salon without an appointment and only come in at your appointment time. Masks are required covering your nose and mouth during the entire service. Six (6) feet distance between residents is also required.

RESIDENT BIRTHDAYS

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|----------------------|----------------------|
| 9/1 Harriet Retterer | 9/25 Kenyon Burke |
| 9/7 Jerry Bobchek | 9/25 Arlene Hamilton |
| 9/8 Betty Swartz | |



EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

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-foot of separation). Please utilize our front entrances when leaving and 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. Please contact the front desk to set up an appointment for a window visit. Window visits are for 30 minutes. Please do not exceed your designated time as this results in another visit being delayed. Thank you for your consideration.