

September  
Girls  
ARE A RAY OF  
SUNSHINE  
Mixed With  
A Little Drop OF  
HURRICANE

Happy Birthday,  
Chris and Barbara W.!

Chris A. @ 3:00 on 9/05

Barbara W. @ 2:00 on 9/21

### SALON

Call 1-800-543-9140 to make  
appointments or reach out to  
[wwashburn@southernluxesalons.com](mailto:wwashburn@southernluxesalons.com).

### FAMILY GROUP

Based on positive feedback, we  
are going to be offering a Family  
Cyber Café on the 2<sup>nd</sup> and last  
Wednesdays of the month @  
4:00 PM.

See article on Page 3 for details  
and bookclub update!

### SAFETY FIRST



Face coverings are required  
in our community.  
Please see the Executive Director  
if you need a mask.



## IDEAS TO HELP FROM YOUR WORKPLACE

September 1<sup>st</sup> - 30<sup>th</sup>  
**Dollar  
DENIM DAYS**  
Donate \$1 to wear your jeans to work for the day  
during the entire month of September.  
All donations will go towards our team goal at  
Alzheimer's Association Walk to End Alzheimer's!

Want to do more?  
Join team Waltonwood Ashburn at:  
<http://act.alz.org/goto/WaltonwoodAshburn>

Scan me

Casual  
for a  
Cause!

WALTONWOOD  
ASHBURN  
Redefining Retirement Living

WALK TO  
END  
ALZHEIMER'S  
ALZHEIMER'S ASSOCIATION

One of the ways we are working to raise  
donations here at Waltonwood Ashburn is  
through "Dollar Denim Days" where  
associates can break the dress code (and  
wear jeans) for a buck.

You and your work team can purchase  
comfort for the day as well. If you are able  
to work from home, get creative and share  
what you've created!

We are happy share resources and tips with  
you if you'd like to get involved or even  
start your own team. Every bit of effort  
helps!

**WALK TO  
END  
ALZHEIMER'S**  
alzheimer's association

**THE END OF ALZHEIMER'S  
STARTS WITH  
*you.***

Did you know that the Alzheimer's Association isn't just focused on finding the cure for  
Alzheimer's Disease but all diagnosable forms of dementia? Alzheimer's is the most  
recognizable term and accounts for about 60% of all forms of dementia.

In 2019, ALZ.org secured over \$100 million in state funding for dementia-specific care and  
support services, research, public health activities, home and community-based services to  
help meet the needs of individuals and families living with dementia.

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help meet the needs of individuals and families living with dementia.

We will be walking as a community on Friday, September 25<sup>th</sup> @ 10:30 AM.

Be a part of Team Waltonwood  
Ashburn today! You can join us and/or  
show your support by visiting the URL  
in purple below or scan-code. There is  
a free fitness app to track and log steps  
towards your walk to find a cure. The  
"Walk to End ALZ" app is available for  
free via the app store on your Android  
or Apple mobile device.

<http://act.alz.org/goto/WaltonwoodAshburn>



Scan me



### 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

SEPTEMBER 2020



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



## NATIONAL ASSISTED LIVING WEEK

Assisted Living week was established by  
the National Center for Assisted Living in  
1995. It's an opportunity for residents,  
families, staff members, volunteers and  
communities to come together to  
recognize and appreciate the functional  
role that our senior living communities  
play in their towns and cities.

To show appreciation for our frontline  
caregivers battling COVID-10, this year's  
theme is "Caring is EssentiAL" (deliberate  
capitalization on the 'AL').

Waltonwood Ashburn is celebrating  
September 13<sup>th</sup> through 19<sup>th</sup> by showing  
appreciation for our first responders and  
delivery personnel, honoring our amazing  
environmental services team, practicing  
or learning new skills and talents,  
celebrating diversity with hispanic  
heritage month and breaking down

stereotypes that can sometimes be  
associated with age.

If knowing your mom, dad, sister, aunt  
or best friend has an opportunity to  
get "tatted" raises your eyebrow,  
remember it is their body and they can  
do what they want. 😊 Also, they are  
temporary. But that doesn't make the  
experience with our tattoo artists,  
Rusty and Dusty, any less fun or  
exciting. (You will meet these tattoo  
artists via next months newsletters or  
perhaps through a live feed on the  
18<sup>th</sup>!)

Next month, "Viral" might be  
referencing our first ever TikTok or the  
Calendar Guys & Gals project where  
we are working on photo recreations  
of famous movies starring our  
residents!

## COMMUNITY MANAGEMENT

Christopher Leinauer  
Executive Director

Audrey Poore  
Business Office Manager

Tiffany Ashton  
Marketing Manager

Kathleen Kisiah  
Marketing Manager

Robert McKeon  
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



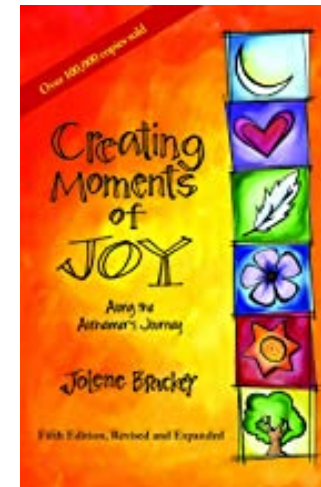


## ASSOCIATE SPOTLIGHT – SANDRA ASEIDU

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 heath care field together so she can continue working with seniors.

Sandra began her career working in home health care and joined Waltonwood in February 2020 working the night shift as a caregiver. Sandra immediately found that she enjoys working with seniors, especially residents living with dementia as she builds friendships and feels personal reward through her work. What a gift it is to have Sandra on our team!



## FAMILY CYBER CAFE

We will be hosting a family cyber café every 2<sup>nd</sup> and last Wednesdays of the month @ 4:00 PM. You can join up using Kate's Zoom Meeting ID and passcode listed below. The last Wednesday of the month is typically dedicated to support and discussion; however, we have an exciting new addition of the book club! (Thank you, Pat for the wonderful suggestion!)

We are starting with "Creating Moments of Joy" by Jolene Brackey (pictured to the left).

The best part is it is free! If you would like to borrow a copy, please contact [kate.ritchie@singhmail.com](mailto:kate.ritchie@singhmail.com).

Meeting ID: 746 976 3298  
Passcode: 9vAWkg



## AUGUST HIGHLIGHTS

12

Waltonwood Famous pastry chef, Dee, taught us how to make browned butter brownies at Amaze-Singh Eats!

15

Work smarter, not harder! When engineers tie-dye, the right tools get the job done!



21

Nailed it! Rachel sported toilet papertrails, backwards shirts and smudged face for Hot Mess Friday. Residents helped her "get it together" in the most loving way!

25

When the art project smells just as bright and juicy as it looks. You can create your own using cut citrus fruits and Kool-aid packets!



## SEPTEMBER SPECIAL DAYS

04

Tie-Dye Masquerade Party! We're customizing masks for our staff and residents celebrating Assisted Living Week!

11

Back by popular demand: Honey Tasting & the benefits of honey. (Psst – we even have our own Beekeeper as a resource!)



18

Tats & Brats Party! That's right! Contact your loved one now if you've always dreamed of being (semi) permanently inked on their body!

24

Oktoberfest! (ALZ Walk for a Cure is on the 25<sup>th</sup> but we have too many special days to list them all.) ☺



## FOREVER FIT – 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!

## EXECUTIVE DIRECTOR CORNER – A NOTE FROM CHRIS

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.

