

Hessler Heights

Gracious Retirement Living

19540 Sandridge Way • Leesburg, VA 20176 • (703) 723-3870 • www.seniorlivinginstyle.com

JANUARY 2021

HESSLER HEIGHTS

Meet Our Managers

Welcome Hessler Heights' Managers, Steve and Terri Chaney.

Steve and Terri were already a part of the Hawthorn family. They were the Assistant Managers at our community in Summerville, South Carolina. The residents at Summerville Estates were sad to see them go but, we are very excited to have them as our Managers at Hessler Heights.

Steve and Terri are excited to get to work to grow Hessler Heights into a warm and friendly community, where the residents feel like they are taken care of and really enjoy living the Gracious Lifestyle. Steve and Terri were drawn into senior living out of their love for being around seniors. They are genuinely concerned about their residents and what is going on in their lives. They love helping and being in service to others.

Terri and Steve are originally from Asheboro, North Carolina. Terri likes baking and reading, and Steve enjoys woodworking. On their downtime, you might find Terri in our Library reading an inspirational book or relaxing in our Game Room. As for Steve, you might find him outside playing with their dog TB or just relaxing with Terri.

HAWTHORN
SENIOR LIVING



*Managers Terri and
Steve Chaney*



*Steve at a cardio event
at Summerville*

Meet Claire

Meet a Charter Resident of Hessler Heights

Claire joins the Hessler Heights' family from one of our sister communities in Clermont, Florida. Claire remains happy and confident in knowing that she made the right decision when she first chose to live at Orchard Heights over six years ago. Claire is now relocating back to Virginia to be near her daughters. Claire sent us a list of why she is excited to be one of the first residents at Hessler Heights.

Why I love Hawthorn, from Claire:

- Companionship — Resort style living
- In spite of COVID-19, we feel very safe and grateful for all the precaution taken by Hawthorn which have protected us from this deadly virus.
- The meals, Chef has been always ready to please.
- Activities, celebrations, trips, adventures ... always something to do or if you choose, sit back and enjoy.
- Housekeeping service with a smile.
- Bus service to doctor's appointments, shopping, etc.
- Pet Friendly
- No buy ins

And now I look forward to my next Hawthorn Adventure, moving to Hessler Heights where I will be close to my daughters in Virginia ... living the dream!

Sincerely, Claire



Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

Wake up to music: Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

Stay offline: If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

Make your bed: This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.



It's All Coming Together

It is truly amazing to watch the building of a Hawthorn community. The outside of the building has been a focus of November and December, and the warm start to the winter has been our friend. One of my favorite things to watch is the backhoes and small, remote-controlled compressors leveling the parking lot to prepare for blacktop. We kicked off December leveling, laying the base coat, and pouring blacktop. The parking lot is taking shape and we can now drive right up to the south end of the building.

It might be winter, but we have had an unseasonable warm November and December, and the landscapers are taking advantage of it. Plantings are going in and mulch is being laid. It is beautiful to walk in on a sunny day and see the shrubs and winter flowers lining the walkways and patios.

Walk inside the building and you will see that everything is coming together so quickly. Our commercial kitchen is installed and our Chef has been hired. His name is Craig Alexis and he has just recently moved to Leesburg with his family. Our front doors will be arriving by the end of December. All our carpeting has arrived and it is getting installed in apartments and common areas. All three of our elevators are in and waiting for an inspection before we can start taking our tours to the upper floors. Our Hessler Heights' Bus is now parked outside the building and patiently waiting for its first adventure.

We are meeting many families that have already decided that Hessler Heights will be their next home. It truly is all coming together and we look forward to welcoming our first residents in 2021.



Hessler Heights' Bus



Commercial Kitchen



Laying down blacktop



Movie Theater

JAN 2021

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”
—Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1	2
					9:00 Chair Dancing Exercise, F 10:00 Outing: Red Hawk Casino, LB 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 Social Security and Medicare Info, ACT 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A 10:30 Atlas Hearing Aid Service, ACT 12:30 Sock Hop Dinner, ACT 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT
9:00 “Chairing Along” Drumming Exercise, ACT 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 3:00 Online Games with Chelsea, ACT 6:45 Movie & Popcorn, T	9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G	9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 Bean Bag Baseball Tournament: Game #1, A 11:30 Avon with Barbara, ACT 1:45 Musical Guest: Alvin, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Tournament: Game #2, A 11:15 Library Bookmobile, LB 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 Iced Tea Tasting, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Outing: Arden Fair Mall and Lunch, LB 11:00 Bean Bag Baseball Tournament, A 12:00 Resident/Manager Meeting, D 2:00 Painting with Samantha, ACT 3:00 Art Class with Cindy, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A 10:30 Atlas Hearing Aid Service, ACT 12:30 Sock Hop Dinner, ACT 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT
9:00 “Chairing Along” Drumming Exercise, ACT 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 3:00 Online Games with Chelsea, ACT 6:45 Movie & Popcorn, T	9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 New York Life Insurance Presentation, ACT 6:45 Movie, T 7:00 Poker Night, G	9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 Bean Bag Baseball Tournament: Game #1, A 11:30 Avon with Barbara, ACT 1:45 Musical Guest: Alvin, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 Bean Bag Baseball Tournament: Game #1, A 11:30 Avon with Barbara, ACT 1:45 Musical Guest: Alvin, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 11:15 Library Bookmobile, LB 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 New Resident Welcome Party, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Movie Critic’s Corner: Movie Selection, T 11:00 Bus Outing: Arden Fair Mall and Lunch, LB 12:00 Bean Bag Baseball Tournament: Game #3, A 12:00 Resident/Manager Meeting, D 2:00 Father’s Day Centerpiece Creation, ACT 3:00 Art Class with Cindy, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT
9:00 “Chairing Along” Drumming Exercise, ACT 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 6:45 Movie & Popcorn, T	MARTIN LUTHER KING JR. DAY 18 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G	9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 Bean Bag Baseball Tournament: Game #1, A 11:30 Avon with Barbara, ACT 1:45 Musical Guest: Alvin, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 11:15 Library Bookmobile, LB 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 New Resident Welcome Party, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Movie Critic’s Corner: Movie Selection, T 11:00 Bus Outing: Arden Fair Mall and Lunch, LB 12:00 Bean Bag Baseball Tournament: Game #3, A 12:00 Resident/Manager Meeting, D 2:00 Father’s Day Centerpiece Creation, ACT 3:00 Art Class with Cindy, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT
9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Cell Phone Q and a Session with Chelsea, ACT 3:30 Candy Craze Giveaway, ACT 6:45 Traveling Movie Tuesday, T	9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 New York Life Insurance Presentation, ACT 6:45 Movie, T 7:00 Poker Night, G	9:00 Beach Ball Volleyball, A 12:30 Light of the Valley Church Service, T 3:00 Big Band Tunes in the Atrium, A 6:45 Movie, T	9:00 Brain and Fitness Training, New! 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A 1:30-3:30 See’s Candy Sales Booth, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT 3:30 Activity Meeting with Chelsea, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Talent Show Meeting and Discussion, ACT 3:00 Camden Springs Video Marathon, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Outing: Arden Fair Mall and Lunch, LB 11:00 Bean Bag Baseball Tournament: Game #3, A 12:00 Resident/Manager Meeting, D 2:00 Father’s Day Centerpiece Creation, ACT 3:00 Art Class with Cindy, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A 10:30 Atlas Hearing Aid Service, ACT 12:30 Sock Hop Dinner, ACT 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT
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App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.

The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



Ashburn Folklore and History

Ashburn Village has a unique history as well as a local legend on how it got its name. Ashburn Village had its beginnings in Loudoun County as Farmwell or Farmwell Station, named after the nearby farm, that belonged to George Lee. This land was part of a larger tract of 11,182 acres of land that his great-grandfather, Thomas Lee, patented in 1719 and remained in the family until 6,482 acres of it was sold to Loudoun & Hampshire Railroad (also known as Washington & Old Dominion Railroad), and to the town of Alexandria in 1859. The Lee family was one of wealthiest families at the time in Loudoun County.” In the mid 1800s, the Lee family sold part of the remaining land to John Janney a local lawyer, politician and Quaker. The Lee and Janney families both owned more than 600 acres. According to legend, this land that John Janney bought from the Lee family was how Ashburn got its name. Residents claimed that a huge ash tree that was by John Janney’s home was struck by lightning, creating a huge glow and burned and smoked for several days. It created quite a buzz in the community and a large number of local residents came to see the ash tree burn. By 1895, former Nevada Senator, William Morris Stewart bought Ashburn Farm from the Janneys and turned it into a dairy farm which reportedly became the first dairy farm in Loudoun County to pasteurize milk with steam. William Stewart worked with the railroad to deliver his dairy farm products from Loudoun County to Washington, D.C. and established Farmwell Railroad Station. In 1896, after numerous mix ups by the railroad for mail delivery between Farmwell and Farmville, Stewart argued that the handwritten names were too similar and that Farmwell name should be changed and the village officially became Ashburn to match the name of his nearby farm.



Washington & Old Dominion Railroad



*Nevada Senator, William
Morris Stewart*

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Leesburg, VA 20176



It's always Warm at

Hessler Heights
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

703-723-3870