

January

Animal
Rabbit

Flower
Carnation

Birthstone
Garnet

Zodiacs

Capricorn
January 1–19

Aquarius
January 20–31

Employee of the Month- Irma Ramirez



Irma moved from the Philippines seven years ago to be near her family. She received a Bachelor of Science in Psychology and was interested in working with children with special needs. As Irma was looking for work, a friend suggested that she apply at a senior living community. Irma began her journey as a certified nursing assistant and was quickly promoted to Care Manager. She has been working in the healthcare field for five years and has fallen in love with seniors. Four months ago Irma began working at Waltonwood as a Med Tech. She has quickly proven her worth at our community too. She loves the residents and treats them like extended family. Irma appreciates being selected as Employee of the Month but feels that she is not the only one who has gone above and beyond during the year of COVID. She thanks her associates for being a part of her success. As Irma has been at Waltonwood such a short time she is appreciative that her managers see her hard work and dedication.

When Irma is not working at Waltonwood she enjoys cooking Korean and Japanese food with her daughter and watching horror movies. They both enjoy experimenting in the kitchen, especially trying to duplicate what they have eaten in restaurants. Irma also enjoys painting acrylic silhouettes. In her spare time Irma can be seen at antique shoppes purchasing oriental figurines. She brings photos of her pictures to work and uses them as conversation pieces to connect with the residents. She also enjoys talking to the residents about their collections.

\$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

INDEPENDENT LIVING
JANUARY 2021



Everyone is ready for this year to be over—but turning to a new page on the calendar won't magically erase all of the hardship that 2020 has brought. The key to making 2021 a better year is going into it with the right mindset. These inspirational quotes will help you do just that.

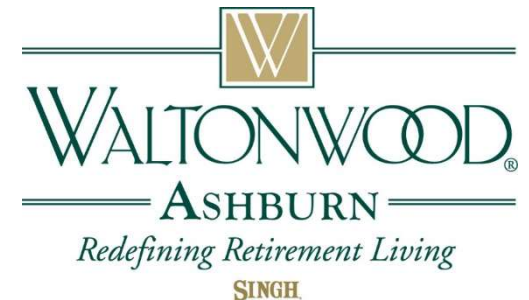
"I think the more unexpected something is, the more there is to learn from it." —*Michael J. Fox, actor*

"One ought every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words." —*Johann Wolfgang von Goethe, writer.*

"Happiness was always important to me, even at a young age. People would ask, 'What do you want to be when you grow up?' I'd tell them, 'I just want to be happy.'" —*Goldie Hawn, actor.*

"You never go wrong when you take the high road—it's less crowded up there." —*Gayle King, journalist.*

"A surplus of effort could overcome a deficit of confidence." —*Sonia Sotomayor, Supreme Court Justice.*



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COMMUNITY MANAGEMENT

Chris Leinauer
Executive Director

Audrey Poore
Business Office Manager

Tiffany Ashton
Marketing Manager

Kathleen Kisiah
Marketing Manager

Eduardo Villasmil
Culinary Manager

Rudy Williamson
Maintenance Manager

Chandis Black
Independent Living Manager

Robin Burke
Independent Living
Life Enrichment Manager

Maria Manalo
Resident Care Manager

Kesha Sampson
Assisted Living
Wellness Coordinator

Jocelyn Jackson
Assisted Living
Life Enrichment Manager

Megan Mastre
Memory Care
Wellness Coordinator

Kate Ritchie
Memory Care
Life Enrichment Manager

DECEMBER HIGHLIGHTS



RESIDENT BIRTHDAYS

- 1/9- William Sullivan
- 1/19- Marilyn Flanagan



- 1/20- Pat Carlisle
- 1/24- Kay Williams

FOREVER FIT – Moving Forward!

Finally! January is here, 2020 is over and 2021 has arrived ready to offer a new sense of hope. Last year was tough, maybe even the hardest year of our lives. We lost so many traditions, milestones and celebrations to a circumstance far beyond our control. It would be so easy to look back and dwell on what could have been wondering what if? While you have every right to reflect on the past twelve months, I encourage you to shift your hopes to the next twelve to come. Take this opportunity to embrace the progress we’ve made and know this progress puts us one step closer to the way things used to be. There’s no doubt the road ahead will still be bumpy but step into the new year with the hope and conviction that 2021 will truly be a healthy, happy new year!

“It’s amazing how a little tomorrow can make up for a whole lot of yesterday.”

John Guare

Special Days

New Year’s Day
January 1

Epiphany
January 6

Makar Sankranti
(Hindu Festival)
January 14

Martin Luther King Jr.
Day
January 18

Australia Day
January 26

Tu B’Shevat
(Begins at sundown)
January 27

Helping Residents
Keep in Touch

COVID-19: HOW PEOPLE ARE STAYING CONNECTED*



81%
are using phone
calls to keep in
touch with
family and
friends

76% text messages
47% video calls

Top 5

platforms people are
using to stay connected:
65% Facebook
39% WhatsApp
27% Instagram
22% Skype
16% Zoom



The first
thing
people
want to do
when this
is all over:

32% hug family and
friends
10% go to a restaurant

EMBRACING TECHNOLOGY



Our residents and their family members are using a GrandPad or Echo Show with Alexa to communicate and stay connected with one another.



We can help you connect too!
Ask to talk with one of our Life Enrichment
team members today.

www.Waltonwood.com



*Data according to a 2020 Pureprofile survey.

EXECUTIVE DIRECTOR – CHRIS LEINAUER



The year 2020 was an extremely challenging year at Waltonwood Ashburn. We were impacted in March with a period of Corona Virus community isolation followed by a period of successful virus remediation. We were able to successfully phase in many suspended aspects of our operation between May and November. Unfortunately, to close the year, we once again fell victim to Corona Virus. It’s been difficult! However, I remain optimistic! I believe 2021 will provide us with a different and much better reality than the one we experienced in 2020. I hope you found enjoyment in the holiday season and look forward to the upcoming year with the same optimistic outlook as I do.