



Happy Birthday,
Joanne!

Birthday Party 1/28 @ 3:00

SALON

Call 1-800-543-9140 to make appointments or reach out to wwashburn@southernluxesalons.com.

FAMILY GROUP

Based on positive feedback, we are going to continue to host our family Cyber Café every Wednesday @ 4:00 PM.

This is open to your friends with questions as well!

See article on Page 3 for details and bookclub update!



OUR HUMBLE HEROES (cont'd)

Vivian earned her CNA license in 2017 and immediately began working for a corporate staffing care agency before a friend referred her to Waltonwood. She moved to Memphis, Tennessee from Ghana when she was 12 years old with her siblings. She has a close extended family whom she loves very dearly. Vivian adores her grandmother and shares this love and similar bond with so many of our residents when she can't be with her grandmother at the moment.

In her free time, Vivian enjoys reading anything and everything but tends to gravitate towards non-fiction, she loves doing make up (our residents enjoy this talent as well), shopping (currently she is focused on shoes and bags) and above all, she loves her family. What does Vivian aspire to do one day? "I would travel the entire world."

"I try to make every day be the best day, especially working [with our residents], you have to do this every day. You have to know when to talk, know when to respond and when to just smile. Everyone has their own issues at home. We have to understand that and help them." My personal favorite from this wise woman, "You have to understand love. You first have to have love and respect."



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 too! Ask for details!

ASHBURN
CONNECT - MC

JANUARY 2021

OUR HUMBLE HEROES



Ask any department head in the building, our resident care team in MC is stellar. Ask anyone of our Waltonwood family and they will tell you that Vivian Duyure has been a constant nomination for our honored associate of the month but in November, Vivian's sparkle was exceptionally strong. When we identified need for isolation in our community and several of her teammates needed to isolate at home for safety, Vivian did not blink. She maintained steadfast without question to her duties and we were blown away at the continuing compassion and superhero level drive from this young lady. When she was announced as December's Associate of the Month, Vivian said, "You know it's not me. My team that got sick, they are the real heroes." While we unanimously and emphatically know that we

have a team of heroes, Vivian took the lead on this to help her teammates and support her residents. What makes her so amazing at her job? "You must have compassion but first, you have to understand love. I love them (referring to our residents)."

It is not a normal day if at least a couple of our residents aren't vying for Vivian's exclusive attention. Vivian is humble but joyful, quiet yet fiercely and vibrantly energetic. She has a unique talent that many of our MC resident care team share but that she does not realize is astounding. She can understand and carry on a joyful or comforting conversation with anyone, sometimes without words. We wondered what created yet another amazing superstar caregiver. (cont'd p. 4)



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COMMUNITY
MANAGEMENT

- Christopher Leinauer
Executive Director
- Audrey Poore
Business Office Manager
- Tiffany Ashton
Marketing Manager
- Kathleen Kisiah
Marketing Manager
- Eduardo "Lalo" Villasmil
Culinary Services Manager
- Rudy Williamson
Maintenance Manager
- Chandis Parris
Independent Living Manager
- Maria Manolo
Resident Care Manager
- Keisha Sampson
AL Wellness Coordinator
- Megan Mastre
MC Wellness Coordinator
- Jocelyn Jackson
AL Life Enrichment Manager
- Robin Burke
IL Life Enrichment Manager
- Kate Ritchie
MC Life Enrichment Manager

ASSOCIATE SPOTLIGHT – IRMA RAMIREZ

Congratulations to Irma Ramirez for being selected as Employee of the Month! Irma moved from the Philippines seven years ago to be near her family. She earned a Bachelors 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 Waltonwood teammates 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 her photos to work and uses them as conversation pieces to connect with the residents. She also enjoys talking to the residents about their collections.

FAMILY CYBER CAFE

We are continuing to host our weekly family meetings every Wednesday @ 4:00 PM. We are currently reading Jolene Brackey's "Creating Moments of Joy". Don't have time to read? Don't worry! The book is a discussion prompt so join us anyway! We're happy to answer questions and share moments of joy with you!

If you would like to borrow a copy, please contact kate.ritchie@singhmail.com.

Meeting ID: 746 976 3298
Passcode: 9vAWkg



JANUARY SPECIAL DAYS

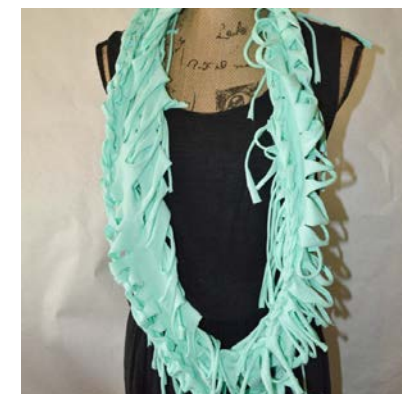
06

Zoom Family Feud!

We're going to attempt a resident and family member zoom feud @ 4:30 just after our weekly family meeting!

13

Shredded T-Shirt Scarves



20

Southern Food & Beverage Museum Presents New Orleans Cocktail History via Live with Eversound

28

Paint a Polluck Day!



DECEMBER HIGHLIGHTS

03

Residents used corn husks to make these gorgeous decorations for our tree!

13

These beautiful holiday ornament kits that were shared with us from a family!

They were a hit!



23

Girl Scout Troop & Family Members caroled outside of apartments!

Thank you Johanna and family for bringing some extra holiday cheer!

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Thanks Sue & Craig for the impromptu party cakes!

New Years was Nothing Bundt Fun!



FOREVER FIT: MOVING FORWARD?

By: Chris Grabowski

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

EXECUTIVE DIRECTOR CORNER – A NOTE FROM CHRIS

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.

