

# Hessler Heights

## Gracious Retirement Living

19540 Sandridge Way • Leesburg, VA 20176 • (703) 723-3870 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

FEBRUARY 2021

### HESSLER HEIGHTS STAFF

Managers.....TERRI & STEVEN CHANEY  
Executive Chef.....CRAIG ALEXIS  
Community Sales .....ANNE ASHLEY  
Community Sales .....ERIN TAMM  
Sous Chef .....JUANA GLADIS MENDEZ  
Sous Chef .....JUANA GLADIS MENDEZ

**HAWTHORN**  
SENIOR LIVING

### Managers' Minutes

Our Managers, Terri and Steve Chaney, have been busy hiring and interviewing for our Hessler Heights' team. They are working with Executive Chef Craig Alexis and Regional Chef Art Cline to get the kitchen up and running.

Chef Craig has hired our Sous Chef, PM Cook, and Kitchen Prep Staff and only has two

positions left to fill. The Hessler Heights' Culinary team is excited to get into the kitchen in January to start cleaning. The next step will be inventory and stocking the shelves in anticipation of our new residents.

The first goal for the new team is to start cleaning the building to prepare for new residents moving in. Terri and Steve are so excited to get out of the hotel and moved into their new apartment on the first floor and to begin greeting our residents.



*Steve and Terri Chaney*



## Meet Rose Deimler

Rose was born and raised in Pennsylvania and moved to Virginia in 1967. Her favorite food is seafood, all kinds. On most afternoons, you will surely find Rose in the library playing word games on her iPad. She says, "Keeps my mind active!" Rose worked at the Giant in Leesburg for almost 30 years! Although she isn't a sports fan, she does enjoy sitting outdoors soaking up the beautiful Virginia weather. Rose can't wait to move into her new apartment. She is excited to sit out on her private patio, as well as meet new friends up on the terrace.



*Rose Deimler*

## Morven Park

Morven Park is a 240-year-old, 1,000-acre historical estate located in Leesburg and was the home of Westmoreland Davis, governor of Virginia, and his wife Marguerite Davis from 1903 to 1942. The estate is on the National Register of Historic Places and is a Virginia Historic Landmark. The grounds include the Morven Park Mansion, two museums, a formal boxwood garden, athletic fields, and miles of hiking and riding trails.

Morven Park Mansion has a unique eclectic style from the modest fieldstone house to the impressive Greek Revival buildings. Inside this beautiful estate, you will find a collection of antiques ranging from traditional to ornate representing Marguerite's extensive travels abroad. The collection includes 16th Century Belgian tapestries, Spanish cases, a Hudson River Valley painting, and many more antiques throughout the house. All of the antiques are on display at the estate as well as detailed information about Marguerite Davis.

The two museums that are located on the estate are the Winmill Carriage Museum and the Museum of Hounds and Hunting of North America. The Winmill Carriage Museum has 40 coaches, calèche, carriages, sleds, and carts that range from royal to utilitarian, all donated by Viola Winmaill. The two unique finds in this museum are the coach designed for Barnum and Bailey Circus' General Tom Thumb and a calèche that was featured in Grace Kelly's movie "The Swan." The other museum on the estate is Hounds & Hunting of North America. Loudoun County has a long history of "The Hunt" and Westmorland Davis was a founding member of the Loudoun Hunt and served as Master of Foxhounds. You will find equestrian art and artifacts on display plus equestrian memorabilia.



*Entry to Boxwood Gardens*



*Morven Park Estate*





Morven Park is also an agricultural showpiece; Marguerite Davis developed formal, boxwood gardens near the house. Morven Park gardens are on 1,000 acres that include lawns, fields, wooded ridges, and a formal boxwood garden. The fields of Morven Park are from the early 19th-century landscape. The large fields and lawns are great for picnics. Marguerite Davis, who was the last owner of the estate, added a formal Colonial Revival boxwood garden in 1930. This magnificent garden still stands today and is a great spot to take senior pictures or family photos for Christmas cards.

To go see this Historical Estate, tours are available from 12 to 5 p.m., Saturday and Sunday. Tickets are required to access the mansion and Windmill Carriage Museum. You can visit Morven Park website for more information and events that they are holding on the estate.



*Winmill Carriage Museum*

## Meet Chef Craig Alexis

Chef Craig Alexis was born and raised on the twin-island Republic of Trinidad and Tobago which is located in the Caribbean.

He started his culinary journey at the age of 16 at the Trinidad & Tobago Hospitality & Tourism Institute and from there, he transferred to the Barbados Community College Hospitality Institute, where he attained his associate's degree in culinary arts and was the recipient of a Presidential Scholarship to further his studies at the Johnson & Wales University (Providence campus).

Grasping this opportunity with both hands, he earned a Bachelor's degree in Culinary Arts, Summa Cum Laude, and started building on his practical culinary experience. He started working in his homeland before moving to Barbados, where he was employed at the Hilton and the Fairmont Royal Pavilion. It was here where he grew and flourished under Executive Chef, Alan Larch, who encouraged him to harness the potential he possessed.

Following his experience with luxury resorts, Craig became a Personal Chef for the United States Ambassador of Trinidad & Tobago. As a personal Chef, he exhibited an undying passion for quality and excellence as well as having a keen eye for attention to detail. He remained the Personal Chef for the Ambassador and her family for 8 years before transitioning to the senior living sector of the hospitality industry. Because of his experience of being a personal chef, he has the unique ability to comfortably connect with families, exhibiting genuine concern for the elderly and delivering on the culinary needs and expectations of the community's population. Craig is a passionate Chef who will cut no corners in assuring that Hessler Heights' residents receive the very best of the very best. He stays true to his roots by incorporating his knowledge of Caribbean flavors with ingredients that are not indigenous to the West Indies.

This type of fusion coupled with his creativity gives birth to cuisine and experiences that are truly unique.

Bon Appétit!



*Craig with son, Caleb and wife, Jonah at Great Country Farms*



*Craig, Hessler Heights' Kitchen*



*Craig's grandparents, Stanley and Lucille in Trinidad*



FEB 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G	2 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	3 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	4 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Tournament: Game #2, A 11:15-11:45 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	5 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	6 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
7 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	8 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 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	10 9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 1:45 Mexican Train, G 1:45 Musical Guest: Mike Jasper, A 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	11 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 1:45 Musical Guest: Don Terra, A 2:00 Annual Overnight Meeting, ACT 6:45 Traveling Movie Tuesday, T	12 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	13 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
14 VALENTINE'S DAY 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	15 PRESIDENTS DAY 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G	16 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	17 9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 1:45 Mexican Train, G 1:45 Musical Guest: Mike Jasper, A 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	18 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 New Resident Welcome Party, ACT 6:45 Traveling Movie Tuesday, T	19 9:00 Chair Dancing Exercise, F 10:00 Movie Critic's Corner: Movie Selection, T 11:00 Bus Outing Adventures, LB 2:30 Outing: Eco Thrift, LB 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	20 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
21 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	22 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	23 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	24 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	25 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	26 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	27 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
28 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						

“We must absolutely take care of one another.”  
—Ruby Bridges



## Loudoun County Wine Country



*Glass of Fabboili Cellars  
Raspberry Merlot*



*Nelson, owner of  
Casanel Vineyards*

Virginia has a rich history of winemaking. George Washington and Thomas Jefferson tried to grow and make wine at Monticello and Mount Vernon. In 1760, George Washington started to grow a foreign grape called Madeira. After eight years of trying to grow the Madeira grape, George Washington decided to experiment with native varieties of grapes. Jefferson was described as America's "first distinguished viticulturist." Jefferson established two vineyards in Monticello and started to grow a European grape called Vitis Vinifera before switching to grow a native red-grape called Vinifera.

Although Virginia has a rich history of winemaking starting in 1760, Loudoun County's didn't start making wine till 220 years later. In the 1980s, Loudoun County joined the rest of Virginia in the business of winemaking.

In Loudoun County wine country, you will find great diversity in the winemaking techniques used. Vineyards winemakers are starting to embrace Old World winemaking techniques that help produce a more structured earthy flavor that you would normally find in ports and cabernet wines. While other winemakers are experimenting with

New World techniques that bring out fruity, light, and crisp flavors that you would normally find in whites and sparkling. Loudoun County wine country is great for its residents due to all of the assortments of wine that we have in our backyard.

Loudoun County has 40 of the 250 wineries in Virginia; that's 16% of the wineries in Virginia. All of the wineries in Loudoun County are on the wine tour

map that is available at the visitors center in Leesburg and most wineries. This map illustrates their location so you can visit and rate them for yourself. Many wineries in Loudoun County host events including art and crafts, music nights with local talent, holidays, and other events. Some of the wineries also have food trucks. Here are a few recommendations:

Willowcroft Vineyard is the oldest winery in Loudoun County. They first started to plant grapevines back in 1980. This vineyard grows 12 different kinds of grapes used to make their wines. Willowcroft is a great winery to visit if you like white wine as they offer several varietals!

Casanel Vineyards and Winery is a small family-owned business that is located off of Old Business 7. The environment of the winery is low-key and they have super friendly staff. Nelson, the owner, is frequently seen dropping by tables and saying hello to visitors. We recommend stopping in to try the Port called "The Full Nelson" and the stainless steel and french-oak aged Pinot Gris "Patricia Marie" that is named after one of Nelson's granddaughters.

3 Creek Winery is a newer Loudoun County winery located in Hamilton, Virginia. This winery is known for its Cabernet France. 3 Creek Winery is known for more of a French-style wine experience.

Sunset Hills Vineyard is yet another top-rated winery in Loudoun County. Sunset Hill's winery won the gold medal in the 2020 Governor's Cup wine for their "2017 Mosaic." Other recommended wines to try include the Petit Verdot, Reserve Cabernet Franc, and Viognier.

Fabboili Cellars is one of the original wineries in Loudoun County. This winery is located out near Lucketts and is a great place to go and hang out with family and friends. We recommend trying their Chardonnay, Tannat, and unique "Raspberry Merlot" dessert-style wine that pairs great with brownies.





Different wines can be paired with different things. Pairing wine with the right foods allows flavors in the wine to complement the food. The food also brings out flavors that would be otherwise masked in the wine. What do you pair with white or red wine, you ask? White wines are typically paired with lighter meats like fish, chicken, pasta, or fruit. Red wine tends to be best paired with dark chocolate, salty snacks, fresh herbs, and darker meats such as steak or pork. Sparkling wines and champagne pair well with savory and fried foods.

There are many books available on the subject of wine, wine tasting, and wine pairing. For those interested in learning more about winemaking, wine tasting, and pairings, I recommend reading: 'Windows on the World Complete Wine Course,' By Kevin Zraly. This book provides a good resource as it discusses the complex subject of wine production, wine growing in various regions of the world, and wine tasting. The text tackles these subjects and provides an easy to understand references and also touches on and explains common "wine" vocabulary.

Cheers!

## Health Care Services Available When You Move Into Hessler Heights From Brightstar Care

Brightstar Care Concierge Wellness Program, Hessler Heights

How Do I Sign Up? Call 703-496-4616

Brightstar will be offering packages to Hessler Heights' residents: -Package A-\$450 Per Month, One 30-Minute visit per day for 30 days.

- Package B- \$875 Per Month, Two 30-Minute visits per day for 30 days.
- Package C-\$1250 Per Month, Three 30-Minute visits per day for 30 days.



*Kerry Stagman, Brightstar Community Nurse Liaison, at 703-496-4616*

### There are many ways to use your package:

- Laundry Assistance
- Escorts to Meals and Activities
- Medication Reminders
- Dressing
- Light Meal Prep
- Light Housekeeping
- And Much More?

Brightstar will have 15 Minute Medication Reminders available, too.

- **Package A** — \$275 Per Month, Am Reminder
- **Package B** — \$450 Per Month, Am and Pm Reminders
- **Package C** — \$625 Per Month, Am, Midday, and Pm Reminders.

Special Pricing will also be available for residents not in the Concierge Program.

- **30 Minutes:** \$16
- **2 hours or less:** 30\$/hr.
- **4 hours or more:** \$28/hr.
- **Laundry Service:** \$25/hr.
- **Welcome Home Service:** \$25/hr.

Please call Kerry Stagman, Brightstar Community Nurse Liaison, at 703-496-4616. She will be able to answer any health services questions and can even set up an assessment.



Hessler Heights  
Gracious Retirement Living

19540 Sandridge Way  
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**