



TRANSPORTATION UPDATE

APPOINTMENT TRANSPORTATION

**Monday, Tuesday, Wednesday & Friday
8:00am-3:00PM**

Appointments must be made 48 hours in advance using the "Transportation Request Form" located at the front desk.

THURSDAY SHOPPING SHUTTLE

9:00AM-3:00PM

Loop A: Target, Walmart, Wegman's, Salon Essence
Dates: 04/01, 04/15 & 04/29

Loop B: Harris Teeter, LIDL, Giant, Trader Joe's, Tiffany Nail Salon
Dates: 04/08 & 4/22

SUNDAY CHURCH SERVICE SHUTTLE

9:00AM-3:00PM

St. Theresa Catholic Church- 10:30 Mass
Christian Fellowship Church- 11:00am Service
St. David Episcopal Church- coming soon

Due to social distancing protocol, only 4 residents per shuttle trip.

Residents must sanitize hands when entering transportation vehicle and wear a mask at all times.

\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASHBURN CONNECT

INDEPENDENT LIVING
APRIL 2021



April is the fourth month of the year in the Gregorian calendar. It was originally the second month of the Roman calendar, before the addition of January and February. No one knows for sure how April got its name. Some say it comes from the Latin aperire, meaning "to open," alluding to the opening of buds in springtime. Others say April was named after Aphrodite or it was named for the goddess Eostre. Whatever the case, the onset of April means that spring has arrived.

April's flower is the daisy, one of the oldest and best-known English flowers. It retains its Anglo-Saxon name, "day's eye," because of its appearance and the fact that it closes according to the amount of available sunshine.

The birthstone for April is the diamond. For centuries, this stone has signified romance, intrigue, power, greed, and magic. In the Middle Ages, it was used to cure headaches and to create love potions. Today, it symbolizes everlasting love. Formed nearly 100 miles beneath Earth's surface in temperatures that exceed 2700°F, the diamond is the world's hardest naturally occurring substance.



44141 Russell Branch Parkway Ashburn, VA 20148
www.waltonwood.com | 571-918-4854
Facebook: /WaltonwoodAshburn

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

EMPLOYEE OF THE MONTH



Name: Sue Thompson-Popper
Position: Forever Fit Coordinator
Community: Independent Living

Q: Before working at Waltonwood, what was the most unusual or interesting job you've ever had?
A: I worked in radio and tv broadcasting for 22 years. My most interesting radio job was as a Traffic Reporter for XM Radio in Washington, DC. XM was a relatively new company and I had a chance to meet numerous musicians and attend several concerts. It was an amazing experience!

Q: What do you like most about being the Forever Fit Coordinator?
A: I LOVE helping residents get stronger. The look of personal accomplishment when they achieve a new training goal like standing on one leg for 30 seconds or going up in weight in my Senior Fitness class is one of the most rewarding things I've experienced in my career as a Personal Trainer! It's why I do what I do!

Q: What is the one thing, you can't live without?
A: No doubt about..... CHOCOLATE! LOL.

Q: What do you like to do in your spare time?
A: I love working out and pushing my limits with getting stronger. I also love hanging with my husband and dog, checking out new shows on Netflix.

Q: Last question, Coffee or Tea?
A: Most definitely, coffee! :)

MARCH HIGHLIGHTS

05

Floral Arrangements with Dana

12

March Madness Happy Hour



17

St. Patrick's Day- Sing-A-Long & Dinner

19

Spring has Sprung Happy Hour!



FOREVER FIT- "A Sunny Spring" by Chris Grabowski, Senior Forever Fit Manager

Well Spring is finally here and with it comes longer days, warmer temperatures and plenty of sunshine. While there certainly may be reason to proceed cautiously and avoid overexposure to the sun's rays, there are also plenty of reasons to step out side and take some of them in. When done in moderation regular bouts of sun exposure have been shown to provide numerous benefits that can actually help enhance mood and overall wellbeing. Most people know that sunlight offers an abundance of vitamin D, but what most people don't realize is that in just 10-15 minutes of sun exposure each day you can actually achieve the FDA recommended daily allowance of 1000 IU's. Regular sunlight has also been shown to increase serotonin levels, a neurotransmitter often regarded as the chemical responsible for maintaining mood balance. By adding just a few minutes outside to your daily routine you can help ward off some of the seasonal blues that tend to set in over the dark cold winter months. So, this April do yourself a huge favor, step outside take a deep breath and let the power of the sun go to work for you!

LIFE ENRICHMENT CONNECT

April has arrived and with it comes **April Fool's Day** followed by **Easter Sunday**. Our first movie this month will be **Charlie Wilson's War** which is a drama based on a Texas congressman starring Tom Hanks and Julia Roberts.

Join us every Monday in Singh College for "**Coffee & Current Events**" where we discuss what's going on around town and the world. Monday is also a great day to enjoy a "light lunch" with our **Men's and Women's Groups**. Just ask around, there is no better way to end Monday than with a few "**TED Talks**" that showcase speakers presenting well formed ideas in under 18 minutes!!

Residents from the 1st & 2nd floors will get together on the first Wednesday and residents from the ground & 3rd floor will meet on the third Wednesday for a **Floor Social** in Singh College.

Come check out the new activties that have been added this month: **Walking Club, RECONNECTIONS: The Brain Health Series** and **THE WALTONETTE'S CHAIR DANCE TROUPE**

APRIL SPECIAL EVENTS

02

Garden Club
Every Wednesday
11am
Garden Room

09

80's Themed Party
Friday
3pm
Truck Club

17

Lunch & Learn: Meet Dr. Goodfriend, Director, Loudoun County Health Department
1:30pm
Singh College

26

International Jazz Day Celebration
Friday
3pm
Trunk Club



EXECUTIVE DIRECTOR CORNER



Spring is upon us. The weather is warmer and the days are getting longer. In April, we begin to revive our outdoor areas. The fountains will be turned on. The exterior and courtyard areas will be landscaped. The trees, shrubs and plants will begin to blossom. This spring, make an effort to get outside to enjoy our beautiful property. We have many new residents joining us as well. Please reach out and introduce yourself to our new neighbors and friends. Help acclimate them to community life and welcome them to the Waltonwood family.