

Upcoming Events

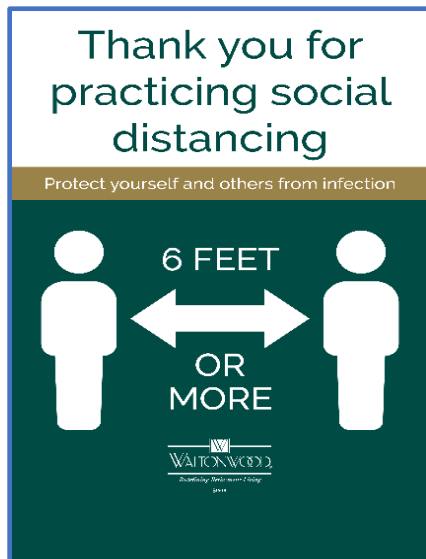
- April Fools Pranks & Puns
- Concert with Jeff Levine
- Easter History, Humor & Poetry
- March Madness NCAA Championship Game
- Wine & Cheese Social
- Reconnections Brain Fitness
- Concert with Jim West
- Prank Party
- Pet Visit with Shea
- Pajama Party
- Show by Show: Easter Parade
- Concert with Chris Edwards
- Volunteer Appreciation Week
- Pet Visit with Alex
- Ice Cream Sundae Social
- Academy Awards Best Songs
- Earth Day History & Trivia
- Art Appreciation: Georges Seurat
- Health Presentation with Dr. Goodfriend: COVID Update
- Concert with Steven Garcia
- Lunch Out/In: McDonalds
- Marine Life Social
- International Dance Day Party
- Awesome Authors: Charles Dickens
- Arbor Day Games & Puzzles
- Concert with Bob Clark

\$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!



MARCH HIGHLIGHTS

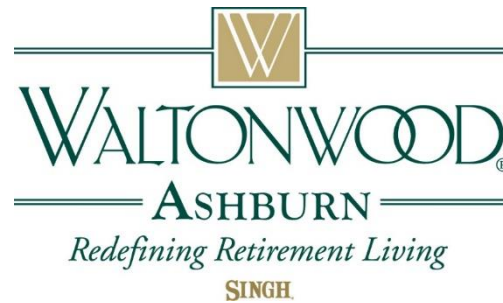


ASHBURN CONNECT

ASSISTED LIVING APRIL 2021



Spring, also known as the vernal equinox where both days and nights are 12 hours long is a time of rebirth, rejuvenation, renewal and regrowth. And what a perfect time for life enrichment to start getting back into the groove of bringing back some of our favorite activities we are now able to have on the calendar once again in person. April brings us April Fools Day where fun pranks are played and Easter brings fun and candy to kids and seniors as well as a renewed spirit. Volunteer Appreciation Week is the 18th-24th of April. Even though volunteers have not been able to come into the community, they have still provided innovative ways to continue providing our regularly scheduled activities throughout the pandemic. We thank them for their dedication and service. We celebrate Earth Day and Arbor Day as a way of showing our appreciation to Mother Earth and our concern for the wellbeing of our planet. You can enjoy the brightly colored flowers and fragrances in our courtyards as well as take in the warm sunlight and catch a breath the fresh air. Life is good at Waltonwood.



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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 Parris
Independent Living Manager

Maria Manalo
Resident Care Manager

Kesha 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 OF THE MONTH – Sue Thompson-Popper

Congratulations to Sue Thompson Popper for being selected as Employee of the Month! Sue was selected because she goes above and beyond.

Sue has been working for Waltonwood Ashburn since October 2018. Sue worked in radio and television broadcasting for 22 years. She was a Traffic Reporter for XM Radio in Washington, DC. During this time, she met many musicians and attended several concerts. After deciding to make a career change, Sue's been a Personal Trainer, Fitness Director and Nutrition Coach during her years in the Fitness Industry.

Sue teaches a variety of classes at Waltonwood including Balance Training, Strength Training, Cognitive Cardio, Walking Club, Yoga and Water Aerobics. She loves watching residents get stronger, more confident and improve their balance. The look of personal accomplishment when residents achieve a new training goal is one of the most rewarding things she has experienced in her career as a personal trainer.

In Sue's spare time she loves working out and pushing her limits to get stronger. She loves hanging out with her husband and rescue Chow Chow, Chili Dog. They also enjoy checking out new shows on Netflix.



FOREVER FIT – A Sunny Spring

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 outside 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 international units. 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!

TRANSPORTATION INFORMATION

MEDICAL APPOINTMENTS

Monday, Tuesday, Wednesday, and Friday

- Appointments must be made using the "Transportation Request Form" located at the front desk
 - Monday-Friday
 - 8am-3pm
 - Minimum 48 hours in advance
 - Maximum 2 weeks in advance
- Residents must:
 - sanitize hands when entering transportation vehicle
 - WEAR MASK AT ALL TIMES. NO EXEPTIONS

THURSDAY SHOPPING SHUTTLE

9:00am - 3:00pm

Loop A: Target, Walmart, Wegman's, Salon Essence (*1st and 3rd Thursdays*)

Loop B: Harris Teeter, LIDL, Giant, Trader Joe's, Tiffany Nail Salon (*2nd and 4th Thursdays*)

Due to social distancing protocol, only 6 residents each trip.

SUNDAY CHURCH SHUTTLE

9:00am – 1:00pm

Christian Fellowship & St. Theresa

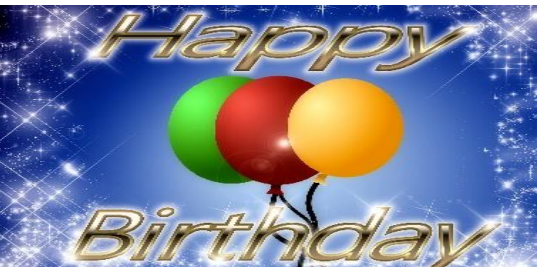
WALTONWOOD UPDATE

We appreciate you participating in the community-wide COVID vaccine clinic. All staff will continue to be rapid tested every week. The test administered will be a nasal swab and the test results will take approximately 15 minutes to receive. Family members are now permitted to visit but must be scheduled with Resident Care –

kesha.sampson@singhmail.com. Please continue to practice safety protocols by socially distancing and wearing your mask when you are not in your apartment. If you leave the community, please follow the health checks at the front door. We thank you for your cooperation.

RESIDENT BIRTHDAYS

- | | |
|------------------|----------------------|
| 4/1 David Henson | 4/11 Tom Poerstel |
| 4/3 Sally Downey | 4/29 Jonnie Williams |
| 4/5 Patsy Nock | |



EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

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 and 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.