



CHEF'S COOKING DEMONSTRATIONS

7

Coffee & Dessert Bar



21

Chef's Choice



RESIDENT BIRTHDAYS

- 8: Ellen Rooney
- 10: Joan Johnston
- 13: Frank Doyle
- 30: Bill Pierce



COMMUNITY COMMUNICATION: HIGHLIGHTS

- 7/2 Patriotic Sing Along with Leah
- 7/2 Vocal Concert with Dian Wilson
- 7/4 Independence Day Themed Activities
- 7/6 Health Presentation with Encompass: Dehydration Awareness
- 7/7 Pedicab Bike Rides (Sign up required)
- 7/9 Vocal Concert with Brian Rudolph
- 7/12 Sundae Monday Ice Cream Bar
- 7/14 C'est Manifique Fete
- 7/15 History of Cars with Shahzeb
- 7/15 Bastille Day Dinner
- 7/16 Piano Concert with Jim West
- 7/21 Disney Delights Party
- 7/23 Vocal Guitar Concert with Mandip Bhadra
- 7/25 National Dance Day Dance Party
- 7/26 Community Presentation with Carl: What Is An Ombudsman?
- 7/26 Wii Olympics (through 8/6)
- 7/28 I Love the 80s Party
- 7/30 Vocal Piano Concert with Ron Howard



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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

JULY 2021



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COMMUNITY MANAGEMENT

Christopher Leinauer
Executive Director

Audrey Poore
Business Office Manager

Eduardo Villasmil
Culinary Services Manager

Rudy Williamson
Environmental Services
Manager

Tracy Philemon
Independent Living Manager

Kathleen Kisiah
Marketing Manager

Tiffany Ashton
Marketing 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

UPCOMING EVENT HIGHLIGHT

The month of July was named after the Roman general, Julius Caesar to celebrate the month he was born. Being that July is one of the warmest months during the summer, it also begins the Dog Days of Summer. Take a moment to enjoy the water lilies and larkspurs. During the month of July we honor America as she turns 245 years old. Boy does she look good for her age! There are many themed activities planned for the day. If you've dreamed of going on a bike ride, you will enjoy taking this first time opportunity to have the light breeze

in your face as you take a trip around Ashburn. We thank France for giving us the Statue of Liberty as we head to the café for a C'est Manifique Fete and Bastille Day dinner. We're bringing Disney World to us as we enjoy a fun party with Mickey and the gang. The Olympics starts our competitive streak as we participate in various games at the end of the month. National Dance Day starts putting rhythm in our feet and we continue the beat and head into our I Love the 80s Party to finish out the month. Life is good at Waltonwood.

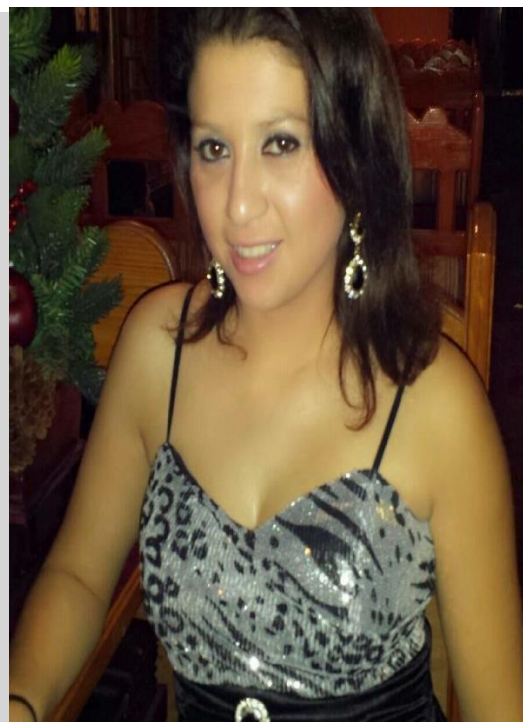
ASSOCIATE SPOTLIGHT

Congratulations to Gloria Chicas for being selected Employee of the Month! Gloria was chosen because she goes above and beyond. When a resident was in dire need, Gloria didn't hesitate to jump in and utilize her CPR training to assist the resident.

Gloria steps in to help residents even if they have not been assigned to her that day. She is very dependable and makes herself available to pick up shifts when it is needed. Gloria is able to put herself in the residents' shoes and fully understands the residents' needs so they get the best care.

Gloria moved to from El Salvador to Virginia in 1995. She has been an aide for 15 years and has worked at Waltonwood for almost 2 years. Gloria loves being a part of the Waltonwood family. She enjoys making a difference in the residents' lives, looking at their photos and hearing their many stories.

Gloria is looking to become a licensed practical nurse in the near future. In her spare time she enjoys going to Virginia Beach. She loves the water and can even be seen cruising down the Potomac on a boat with her family.



TRANSPORTATION INFORMATION

MEDICAL APPOINTMENTS

Medical appointments are available on Mondays & Wednesdays from 8am-3pm. Appointments must be made using the "Transportation Request Form" located at the front desk and requested no less than 2 days in advance.

CHURCH SHUTTLE

The shuttle goes to Christian Fellowship (9am), St. David (9:30) & St. Theresa (10am). Please fill out a "Transportation Request Form" if you are interested in any of these services.

TUESDAY TRIPS

Please see Jocelyn to sign up if you are interested in participating in any of the below trips as seats are limited. Sometimes we are not able to accomodate residents at the last minute as there is a cost for some trips and they need to be planned in advance.

Picnic at Moorefield Park 7/6 11:30

Lunch at Ford's Fish Shack 7/13 11:30 (cost for meal, taxes and tip)

Top Golf 7/20 9:30 (cost for the games)

Shopping at Target 7/27 10am (Please bring your own money for this outing)

Milwaukee Frozen Custard 7/27 2:30 (cost for the treat)

JUNE HIGHLIGHTS

4

Pet Visit with Loki

8

Disco Party



14

Ambassador Luncheon

22

Loudoun Therapeutic Riding



JULY SPECIAL EVENTS

7

Wine & Cheese Social

14

C'est Manifique Fete



21

Disney Delights Party

28

I Love the 80s Party



FOREVER FIT

A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, "life gets in the way" and that's ok. The good news is that it's never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now's the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest self. While many of us are ready to reestablish our exercise routine, many of us don't quite know where to begin. By taking some time to meet with our fitness team, whether for just a few quick questions or a full assessment, we can help identify your strengths, pinpoint your weaknesses and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

EXECUTIVE DIRECTOR CORNER

We celebrate Independence Day on the 4th of July. This is a time of fun and festive outdoor activities like parades, parties, barbeques, fireworks, etc. We have many exciting 4th of July activities planned at Waltonwood Ashburn. As you enjoy Independence Day with family and friends, please be careful of your exposure to the summer heat. July is one of the hottest months of the year. Get out and enjoy the sunshine, however, be mindful that extended exposure to the summer heat can be dangerous. Choose cooler times of the day to be outside; like mornings and evenings. Remember to stay hydrated and seek out shaded areas if necessary. Enjoy the summer months. Happy 4th of July and remember, please stay safe in the summer heat.