



## RESIDENT BIRTHDAYS

- Happy Birthday, Dr. Sweatt on 7/13 @ 2:00 PM!
- Happy Birthday, Jack on 7/28 @ 2:00 PM

### SALON

Call 1-800-543-9140 to make appointments or reach out to [wwashburn@southernluxesalons.com](mailto:wwashburn@southernluxesalons.com).

### FAMILY GROUP

The family Cyber Café will be hosted this month on the **THIRD WEDNESDAY, July 21<sup>st</sup>** via Zoom link (see page 3) @ 4:00 PM.

This is open to your friends with questions as well!



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!

## CHEF'S COOKING DEMONSTRATIONS

07 21

Coffee & Desserts

Hot Dog Cookout & Fixin's Bar

These sweet marketing managers brought us back to our childhood with a visit from the ice cream truck!

## DUCK-UMENTARY

Out of the five eggs, we had four little ducklings that hatched! We don't know what happened to one of the ducklings but there is no evidence of fowl play.

Sometimes, the ducklings can be difficult to find and at times we've wondered if they flew the proverbial coop; however, we seemed to have quacked the case. Momma mallard (Mrs. Feather Locklear) can be a bit of a firequacker and very protective of her ducklings. One sure way to spot them is if you check the feather-forecast for impending storms. Feather will fly in with a fierceness and beeline straight for where her kids are ducked down.

We can guarantee that if word spreads about the fine fowl-amenities offered at Waltonwood, we may need to start a sanctuary. The residents and associates have enjoyed providing only the finest duck cuisine along with a baby pool for mallard & me swim classes. Feather Locklear hasn't given us a date on how long they plan to stay, simply told us to, "put it on [her] bill."



How many fun captions can you think of?



Okay guys, here's our story if mom comes.



Photos courtesy of Stacie Davis (Thank you!)

# ASHBURN CONNECT - MC

JULY 2021



## THE BOOK

Imagine getting back to work after being gone for sometime in and out of the hospital only to have a large attachment from your associate entitled "the book". Now imagine opening that attachment to find that "the book" you've always dreamingly talked about creating from all of the funny and wonderful things we have encountered over the years is now, actually, written!

Rachel continues to surprise me with her unending passion for compassion. Here is a preview and our resident's advice on "optimism". The question was, "What do the most successful people think about?"

1. Happiness.
2. Where are we going for dinner?
3. Good thoughts. . . Things are really going great!
4. How to make money.
5. Family. That they are taken care of.
6. How to get people to stop asking questions.
7. Love.
8. You know it when you see it.
9. Someone to hold your hand.

Everyone have a safe and happy 4<sup>th</sup>!



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## COMMUNITY MANAGEMENT

Christopher Leinauer  
Executive Director

Audrey Poore  
Business Office Manager

Tiffany Ashton  
Marketing Manager

Kathleen Kisiah  
Marketing Manager

Eduardo Villasmil  
Culinary Services Manager

Rudy Williamson  
Maintenance Manager

Tracy Philemon  
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 – GLORIA CHICAS

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 did not 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

After over a year of protective measures for our residents and staff, we are back in action and out and about in the community! We're bringing back some old favorites with some really wonderful community partners and trying out some new trips while we get back into the swing of things and look forward to another visit to our friends at Loudoun Therapeutic riding in the coming months.

- 07/08 @ 9:00 AM Early Birds in the Park @ Bles Park (10:00 AM start time).
- 07/15 @ 11:30 AM Lunch Bunch goes to Silver diner.
- 07/22 @ 1:30 Movie Matinee @ The Alamo Draffhouse (exact time to be confirmed).
- 07/29 @ 11:30 Brunch Bunch goes to First Watch in Leesburg.

Information for the Family CyberCafe hosted the last Wednesday of each month @ 4:00 PM via ZOOM. You must have an authorized zoom account to join. (It's free and just requires you to verify your email address.):

Meeting ID: 746 976 3298      Passcode: 9vAWkg



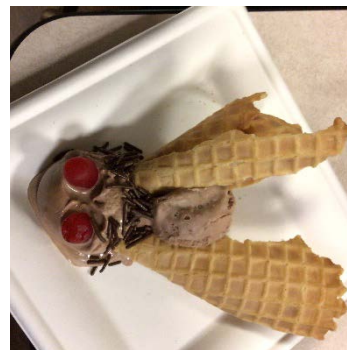
## JUNE HIGHLIGHTS

11

Jack's Cicada Sundae.  
(Jack not pictured.) 😊

15

Sunflower Art Projects



23

Culinary Services Manager filled our neighborhood with delicious aromas and served up one of his favorites!

30

If you don't go to the ice cream truck, Megan brings the ice cream tru!



## JULY SPECIAL EVENTS

07

Petty Cab Rickshaw Rides begin @ 10:00 AM!  
Community wide event!

13

Live performers every Tuesday of the month @ 3:00 PM. Kendra Holt performs today!



21

Tattoos & BBQ is back! We're grillin' and chillin' with a hot dog bar and tattoos!

26

Community Family Feud (if you would like to participate, please let Kate know!)



## FOREVER FIT: A FRESH START

As the 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 however 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 4<sup>th</sup> of July. This is a time of fun and festive outdoor activities. Parades, parties, barbeques, fireworks, etc. We have many exciting 4<sup>th</sup> 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 4<sup>th</sup> of July and remember, please stay safe in the summer heat.