



## OCTOBER

**John Herde**  
October 3

**Chuck Corbett**  
October 4

**Joan Bock**  
October 6

**Susan Johnson**  
October 10

**Arlene Andrew**  
October 16

**Jim Lucas**  
October 20

**Vern McClain**  
October 24

**Kay Turley**  
October 31

## CHEF'S COOKING DEMONSTRATIONS

### 06

**Perogi-A Piece of Poland:** Pierogi are filled dumplings made by wrapping unleavened dough around a savoury or sweet filling



### 12

**A Taste of Italy: Homemade Raviloi**  
Raviloi are a type of pasta comprising a filling enveloped in thin pasta dough. Usually served in broth or with a sauce



## COMMUNITY

Page 1, continued.

The **“Alzheimer’s Walk for a Cure”** will take place on **Sunday October 24th**, we will provide transportation to Reston at 8am (RSVP by 10/15).

We will be headed to DC for the **“Van Gogh: The Immersive Experience”** at **11:30am on Thursday October 28th** (RSVP by 10/14, tickets are \$30/pp). Sign up for our **“Paint n’ Sip”** event with Juliette on **Thursday October 28th at 2:00pm** in the Arbor Hobby Room (RSVP by 10/25, seating is limited).

We will end the month with a **Lunch Outing** to Hunter’s Head Tavern in Upperville, VA, leaving at **10:30am on October 29th** (RSVP by 10/27), also on **October 29th, Resident & Staff Halloween Parade at 2:00pm** and a **“Tricks n’ Treats” Happy Hour at 3:00pm**.

## ASHBURN CONNECT

OCTOBER 2021



SINGH

44141 Russell Branch Parkway Ashburn, VA  
[www.waltonwood.com](http://www.waltonwood.com) | 571-918-4854  
Facebook: /WaltonwoodAshburn



## UPCOMING EVENTS

We start the month with our **Coffee Cart on October 1st** at 11:00m in the Grove Café in celebration of National Coffee Day!

Active Aging Week (October 4-10) showcases the capabilities of older adults as fully participating members of society. Dress up and join us on **Friday October 8th** at 2pm in the Magnolia Dining Room when we will present the **2021 Active Aging Awards!!**

Our **Dramedy Club** will be performing a series of **“Table Reads” on Thursdays at 11:30am** in the Sundance Theatre.

On Friday **October 8th at 11:30am**, our **Lunch Bunch** will head to **Anita’s Mexican Restaurant** (RSVP by 10/06). **“Decorating Fall Wreaths”** will be our **Creative Craft on Friday October 15th at 11:00am** in the Arbor Hobby Room (RSVP by 10/13).

Celebrate **OKTOBERFEST** during our **October 15th Happy Hour at 3:00pm** in the Trunk Club! Our talented residents will display their art work at the Community Wide **“Art Extravaganza!” on Thursday October 21st at 2pm**. Many artists will have pieces for purchase and proceeds will be donated to The Alzheimer’s Association. (Continued on page 4)

## COMMUNITY MANAGEMENT

**Christopher Leinauer**  
Executive Director

**Audrey Poore**  
Business Office Manager

**Eduardo Villasmil**  
Culinary Services Manager

**Dwayne Johnson**  
Environmental Services Manager

**Tiffany Ashton & Kathleen Kisiah**  
Marketing Managers

**Tracy Philemon**  
Independent Living Manager

**Robin Burke**  
Life Enrichment Manager  
Independent Living

**Jocelyn Jackson**  
Life Enrichment Manager  
Assisted Living

**Kate Ritchie**  
Life Enrichment Manager  
Memory Care

**OPEN**  
Resident Care Manager

**Kesha Sampson**  
Wellness Coordinator  
Assisted Living

**Megan Mastre**  
Wellness Coordinator  
Memory Care



## \$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!

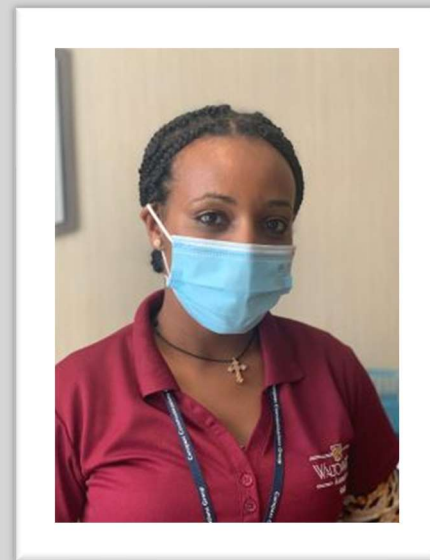
## EMPLOYEE OF THE MONTH

Zufan started as a Certified Nurses' Assistant (CNA) with Waltonwood last year and earned her license and promotion to Medication Technician in April 2021.

Zufan has been nominated for associate of the month on many occasions and consistently sets a stellar bar for performance and compassion that comes naturally to her.

She has a calming and joyful presence that has a profoundly positive effect on those around her. She learns people, processes and new skills with incredible efficiency but attributes her success in her role to the joy that helping others gives to her. Zufan's favorite part of her job is "everything" but specifically "helping others because it makes [her] happy".

Zufan has her associates degree in nursing and is currently working towards her RN license. In her free time she enjoys going to church, watching adventure movies and traditional foods.



**Zufan Hagos**  
Medical Technician

## SEPTEMBER HIGHLIGHTS



## FOREVER FIT- Focus on Fitness! by Chris Grabowski, Senior Forever Fit Manager

While many of us exercise to keep strong, healthy muscles the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

## TRANSPORTATION INFORMATION

Transportation to medical appointments is on Mondays & Wednesdays from 8:00am-3:00pm. Requests must be made 48 hours in advance using the "Transportation Request Form" located at the front desk.

Community Outings are on Tuesday for Assisted Living, Thursday for Memory Care & Friday for Independent Living. Please see the life enrichment schedule for specific locations and times.

### Sunday Church Shuttle Pick up Times:

- 9:00am for the 9:30am service at Christian Fellowship Church
- 10:00am for 10:30am mass at St. Theresa Catholic Church
- 10:30am for 11:00am service at St. David's Episcopal Church

If you have any transportation related questions, please call Elaa Elhaan at 703-853-8004.

## OCTOBER SPECIAL EVENTS

09

**Honor Flight.** Created solely to honor America's veterans for all their sacrifices.

15

**Happy Hour: Oktoberfest!** The Oktoberfest is the **world's largest** beer festival. It is held annually in Munich, Bavaria, Germany. Join us for beer and hot fresh pretzels.



24

**Walk To End Alzheimer's** is the world's largest fundraiser for Alzheimer's care, support and research.

28

**Van Gogh: The Immersive Experience** is a 360° digital art exhibition in Washington DC that invites you to step into the universe of the Dutch genius



Events on the calendar are subject to change. Please check the activity screen, located on each floor, for the most up to date information.

## EXECUTIVE DIRECTOR CORNER

Fall is finally here! As the weather changes, we begin to experience more instances of cold and flu. We're hosting our annual flu clinic in October to protect us from this seasonal risk. As the weather continues to get colder, please dress appropriately when outside. Refrain from participating in Waltonwood life enrichment activities and dining venues when feeling sick. The days will become shorter as we move toward the holiday season. With this in mind, please be safe when navigating Waltonwood Ashburn outdoor spaces and parking lots in the dark.