



CHEF'S COOKING DEMONSTRATIONS

6

Perogies



20

Pasta Station: Ravioli

RESIDENT BIRTHDAYS

- 10/1: Judy Hines
- 10/18: Kathryn Nikkel
- 10/31: Ed Conca



COMMUNITY COMMUNICATION

- 10/1 Vocal Piano Concert with Bob Clark
- 10/4-10 Active Aging Week
- 10/4 Compass School Intergenerational Program
- 10/5 Military Veterans Club
- 10/6 Sip & Paint with Sree
- 10/8 Active Aging Awards Ceremony
- 10/8 Vocal Concert with Brian Rudolph
- 10/9 Honor Flight Trip
- 10/12 Caramel Apple Social
- 10/13 Garden Club Mini Fall Fest
- 10/15 Live Better Hearing: Hearing Aid Check & Cleaning
- 10/18 Passport Travels: Scotland
- 10/19 Leisure Presentation with Amanda: Cars Before Ford
- 10/20 Mambo Italiano Pastabilities Party
- 10/20 Campfire Roast
- 10/21 Community Art Extravaganza
- 10/22 Vocal Piano Concert with Herb Smith
- 10/25 Lunch Out/In: Rubinos
- 10/26 Leisure Presentation with Roger Koment: Classic Horror Movies
- 10/27 Beer Barrel Polka Oktoberfest
- 10/29 Halloween Concert with Jeff Levine
- 10/31 Halloween Party with Sree



\$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

OCTOBER 2021



SINGH

44145 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854
 Facebook: /WaltonwoodAshburn



UPCOMING EVENT HIGHLIGHTS

As we step into the cool nights of Autumn, *Libra* the work to us. *I opal* have a great time joining our many upcoming October activities. During Active Aging Week we start off with Intergenerational Day as we share advice about the young at heart and the wisdom of older age with a local preschool and kindergarten. Relax after dinner with a Sip and Paint and end the week with an awards ceremony. The Garden Club is having a Mini Fall Fest filled with harvest treats and a white elephant raffle. Grab a blanket and sit by the warm campfire as we tell ghost stories, sing songs and eat a

delicious ooey gooey graham cracker, marshmallow & chocolate snack. Honor all cultures during our United Nations Day event. Enjoy the sounds of an oompah band as we celebrate Oktoberfest with a beer tasting contest. We have many Halloween themed activities throughout the month of October to set the mood from Creepy Compositions to hayrides, Famous Magicians, pumpkin carving, games, Halloween costume parade and ending the month with a Halloween Party and a take home treat. Life is good at Waltonwood.

COMMUNITY MANAGEMENT

- Christopher Leinauer
Executive Director
- Audrey Poore
Business Office Manager
- Eduardo Villasmil
Culinary Services Manager
- Dwayne Johnson
Environmental Services Manager
- Tracy Philemon
Independent Living Manager
- Kathleen Kisiah
Marketing Manager
- Tiffany Ashton
Marketing 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 SPOTLIGHT

Congratulations to Zufan Hagos for being selected Employee of the Month! Zufan was chosen because she goes above and beyond.

Zufan started as a CNA with Waltonwood about a year ago and earned her license and promotion to Medication Technician in April 2021. She has her associates degree in nursing and is currently working towards her RN license. Zufan 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. Zufan 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. Her favorite part of her job is helping others because it makes her happy.

In her spare time Zufan enjoys going to church, watching adventure movies and eating traditional foods. Zufan accredits her natural gifts to family traditions and customs, identifying that you must respect your elders and everyone. Her father and mother are from Eritrea and Ethiopia and her Godmother was a nurse which had some impact on her career choice. It's not a job for Zufan because she looks forward to seeing her resident-friends and the beautiful greetings that they give to her every day.



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.

Lunch at Blue Ridge Grill 10/5 11:30 (cost for meal, taxes and tip)

Bowling at The Branch 10/12 11am (cost for the games)

Frying Pan Park Hayride 10/26 2pm (\$5.00)

SEPTEMBER HIGHLIGHTS

10

Mr. & Ms. Waltonwood



15

Elvis is in the Building!



16

Community Carnival:
Celebrating
Compassion & Caring



23

Alzheimer's Walk



FOREVER FIT: Building Better Bones

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.

OCTOBER SPECIAL EVENTS

4

Intergenerational Day

13

Garden Club Mini Fall
Fest



21

Community Art
Extravaganza

31

Halloween Party with
Sree



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 you are 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.