



## CHEF'S COOKING DEMONSTRATIONS

06

20

Polish Perogies

A Taste of Italy: Pasta and Ravioli



Stained glass window project with Rachel! Sanding, painting and staining these windows is a team effort!

## FIRST RESPONDER APPRECIATION GIFTS



Resident photographer, Sal, with Rachel and "the crew" after our goodie drop-off (above). No Executive Directors were harmed but a dunk record was set (right). Guess which resident saw her granddaughter (below).



Our residents baked and purchased goodies for our local Ashburn Fire & Rescue First Responders to show our appreciation for their kindness and service. One of our residents saw her granddaughter while there (she is a volunteer) and the firefighters on duty quickly became our old "school buddies".

A special thank you to Captain Lambert and the A shift for helping us out with our carnival preparations and safety checks! We cannot thank you enough!



## \$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 - MC

OCTOBER 2021



## TIME TO HORSE AROUND

Loudoun Therapeutic Riding League is back in action after their move to a new local location and Kathy and her team are having us back! After all, we happen to know two of their human models and the photographer (see above from our last trip).

For newcomers to Waltonwood and to the Silver Spurs Therapeutic Riding Program, we thought it beneficial to share some of the wonderful benefits of this program:

- Enhanced recall, short-term memory
- Improved emotional & mental health
- Easing of symptoms of Alzheimer's or dementia.
- Improved physical strength & gross motor function, range of motion
- Improved fine motor function
- Increases in social engagement, smiling, laughing, conversation
- Reconnecting with memories
- Increases motivation to participate in community activities

- Enhanced recall, short-term memory
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Check out some clips of our last trip here (or check your email for an easy link): <https://youtu.be/ZZzWjPcTaLE> and get those waivers to Kate ASAP as we have limited seating and don't want to stirrup any trouble.

LTR operates and provides services with zero cost to the clients they serve. If you find it in your heart to make a donation, they have many options including an Amazon Wish List or you can visit their page @ [www.LTRF.org](http://www.LTRF.org). Be sure to check out "Silver spurs" under "Programs" and see our cover models!



Redefining Retirement Living SINGH

44141 Russell Branch Parkway Ashburn, VA 20147 [www.waltonwood.com](http://www.waltonwood.com) 571 918-4854

## COMMUNITY MANAGEMENT

Christopher Leinauer Executive Director

Audrey Poore Business Office Manager

Tiffany Ashton Marketing Manager

Kathleen Kisiah Marketing Manager

Eduardo Villasmil Culinary Services Manager

Dwayne Johnson 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

## OCTOBER BIRTHDAYS

- Happy Birthday, Nobu on the 13<sup>th</sup> @ 3:30
- Happy Birthday, Jim on the 17<sup>th</sup> @ 3:00
- Happy Birthday Jan on the 28<sup>th</sup> @ 2:00

### SALON

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

### FAMILY CYBER CAFE

The family Cyber Café will be hosted this month on the last Wednesday, October 27<sup>th</sup> via Zoom link (see page 3) @ 4:00 PM.



FRIENDS & FAMILY REFERRAL PROGRAM!



## ASSOCIATE SPOTLIGHT – ZUFAN HAGOS

Zufan started as a CNA with Waltonwood about a year ago (can't look up date in Onshift at the moment) 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, family, watching adventure movies and traditional foods.



Zufan accredits her natural gifts (though she is too humble to say she is gifted) to family traditions and customs, identifying that "you must respect your elders, you must show respect to everyone." Her father and mother are from Eritrea and Ethiopia, respectively 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. "Let me see that Smile!" (Zufan always looks forward to this particular resident's greeting at work.)

## TRANSPORTATION INFORMATION

We are back in action with our weekly trips! If you have a suggestion for a great local activity, please let kate know by emailing [kate.ritchie@singhmail.com](mailto:kate.ritchie@singhmail.com). Here's where we're headed this month:

- 10/07 @ 1:30 – Load up for a trip to see the new Marvel Shang-Chi and the Legend of the Ten Rings @ the Alamo Drafthouse. Movie starts @ 2:15.
- 10/14 @ 2:00 – Roer's Zoofari drive through safari trip and interacting with animals!
- 10/19 @ 9:30 – Trip to Loudoun Therapeutic riding League for Equine Therapy. This amazing organization operates on donations alone. If you are interested in showing support for their services, please visit:

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



Hamming it up on the outing to Silver Diner! These two barter in jokes and sarcasm. They keep us laughing!

## SEPTEMBER HIGHLIGHTS

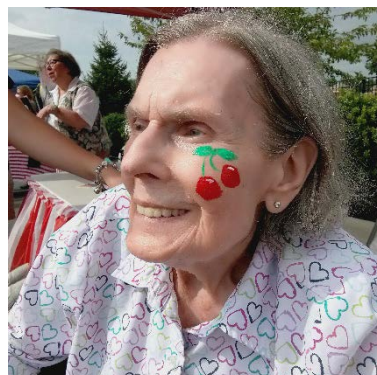
10

1<sup>st</sup> Annual Mr. & Ms. Waltonwood Crowning Ceremony!



16

Waltonwood Community Carnival was a hit!



22

Bowling League Started. Two teams combined to join the Waltonwood Championship. Jim's Compadres. Thank you Sue and Craig for your help! Bowling is hard work!



29

Party Thyme! Resident Gardeners and Chefs made fresh Pesto from their garden basil and our culinary chefs provided the pasta!



## FOREVER FIT: BUILD 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

08

Active Aging Week Awards Banquet @ 2:00 PM

13

Garden Club Mini Fall Festival hosted in Assisted Living in the Garden Room @ 2:00 PM.



21

Community wide Art Extravaganza showcasing our resident's individual and collaborative art projects starts @ 2:00 PM.

29

Community Wide Costume Contest and Parade begins @ 2:00 PM and will travel through all areas!



## 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.