



## RESIDENT BIRTHDAYS

1/14  
Ken Wright

1/30  
Shirley Sigmon



## CHEF'S COOKING DEMONSTRATIONS

12

Petit Dessert & Coffee



26

Taste of Asia: Fried Rice & Stir Fry



## COMMUNITY COMMUNICATION

- 1/1 Happy New Year: What's New in 2022
- 1/3 Name That Broadway Tune
- 1/6 Classical Capers: Baroque Era
- 1/8 Elvis History, Songs & Interesting Facts
- 1/7 Vocal Concert with Katy Morse
- 1/10 Bowling League Begins
- 1/11 Musical Notes: Billboard Hits 1950-55
- 1/12 Art Presentation with Nancy Kotz: Art Through the Prism of Culture
- 1/12 Popcorn Party
- 1/14 Vocal Concert with Audrey Harris
- 1/15 Tacy Music Foundation Concert
- 1/17 Martin Luther King Jr: Freedom & Civil Rights
- 1/19 History Presentation & Social with Anne Marie Willi: Taste of Switzerland
- 1/20 Mad Hatter Tea Party
- 1/21 Live Better Hearing: Hearing Aid Checks & Cleanings
- 1/21 Vocal Guitar Concert with Bill Davis
- 1/23 National Activity Professional Week
- 1/25 Health Presentation with Encompass: Low Vision
- 1/26 Mairzy Doats Social
- 1/27 Art Appreciation: Edouard Manet
- 1/28 Vocal Piano Concert with Herb Smith



## ASHBURN CONNECT

JANUARY 2022



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## UPCOMING EVENT HIGHLIGHTS

Happy New Year 2022! January 1<sup>st</sup> is known to be the coldest month of the year in the northern hemisphere. Hunt for happiness this month and join us for our many cool upcoming events. We ring in the new year with some new Waltonwood technology, "The Link," that is available to the residents enabling you to create your own personal profile and view the monthly calendar, menu and play games from your computer, ipad or phone. Our popular company-wide Wii Bowling League is back. If you like bowling, join the team. It will be right up your alley. We celebrate Martin Luther King Jr. Day with many

themed activities. This month we have some new speakers joining us to talk about their countries and cultures. Bundle up and join us for a unique trip as we head to Manassas for lunch inside an igloo. Watch the snow fall outside the café window while drinking some warm tea and eating tea sandwiches and scones at our Mad Hatter Tea Party. The last week of January we celebrate the Life Enrichment Team. Stop by the front desk to fill out a card to thank the team for creating life enriching activities for all of the residents all year around. 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
- Sharon Prior  
Resident Care Manager
- Kesha Sampson  
AL Wellness Coordinator
- Brenda Islas-Sanchez  
MC Wellness Coordinator
- Jocelyn Jackson  
AL Life Enrichment Manager
- Robin Burke  
IL Life Enrichment Manager
- Rachel Reed  
MC Life Enrichment Manager



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!

ASSOCIATE SPOTLIGHT

Congratulations to Mohammed Rahmani for being selected Employee of the Month! Mohammed was chosen because he goes above and beyond.

Mohammed started working at Waltonwood as a caregiver in 2019. He had previously lived in Maine working at another community for 3 years as a caregiver. He and his family decided to move from Maine to Virginia because “there was too much snow!” They chose Virginia because they liked the area and although there was snow, there wasn’t as much.

Mohammed loves working with seniors. He primarily works in assisted living and picks up shifts in whatever area is needed. Mohammed helps the residents in a way they want to be helped and strives to make everyone happy with his quick response to their needs. He loves seeing the residents smile which in turn makes him smile and have a great day. Mohammed is looking into attending nursing school in the future. He would like to be a travelling nurse covering all 50 states.

In his spare time, Mohammed enjoys long drives through the mountains and/or countryside. He loves watching action, martial arts and Bollywood movies. Mohammed is very close with his family and they are frequently together doing various activities. Mohammed is very excited about the birth of his first child, a daughter, in February.



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. Please be aware that since it is winter, trips may be canceled due to the weather.

- 1/4 10:30am Scenic Drive to Purcellville
- 1/11 11:30am Lunch at Bar Louie (cost for meal, taxes & tip)
- 1/18 9:30am Smithsonian Udvar Hazy Museum
- 1/25 11am Lunch at Igloo Farm (cost for meal, taxes & tip)

JANUARY SPECIAL EVENTS

1

What’s New in 2022

12

Art Presentation with Nancy Kotz: Art Through the Prism of a Culture

19

Taste of Switzerland Presentation & Social with Anne Marie Willi

23

National Activity Professional Appreciation Week



DECEMBER HIGHLIGHTS



FOREVER FIT: Friendly Fitness

If you’re like many, finding the motivation to exercise during the cold dark days of winter can be a real struggle. Staying active when your mind and body aren’t in sync can be a major roadblock to creating a consistent fitness routine. A great way to beat this barrier is to grab a friend or two and tackle those winter workouts together. Exercising with a buddy creates a sense of accountability that has been shown to greatly improve your chances of long-term success. Adding a social element to your routine also helps manage stress, improve emotional wellbeing and increases overall enjoyment when compared to exercising alone. So, the next time feel you like skipping a workout and you need that extra motivation, get some friends and get moving because there’s strength in numbers.

EXECUTIVE DIRECTOR CORNER

I hope everyone had a fantastic holiday season and had the opportunity to spend quality time with family and friends. 2021 was a year of recovery at Waltonwood Ashburn. After acquiring the vaccine in January 2021, we were fortunate enough to remain COVID free all year. The booster vaccine was offered in October and I’m proud our percentage of triple vaccinated residents remains close to 100%. In 2021, we also recovered all of our occupancy losses sustained during the height of the COVID pandemic in 2020, bringing you many new friends and neighbors to connect with at Waltonwood Ashburn. We head into 2022 with great optimism for a another healthy, safe and productive year.

