



JANUARY BIRTHDAYS

- Happy Birthday, Mr. F! January 2 @ 3:00pm!
- Happy Birthday, Gloria on the 22nd @ 3:00pm!
- Happy Birthday Joanne on the 28th @ 3pm
- Happy Birthday Mimi on the 29th at 3pm!

SALON

Call 1-800-543-9140 to make appointments or reach out to wwashburn@southernluxesalons.com.

FAMILY CYBER CAFE

The family Cyber Café will be hosted this month on the last Wednesday of January in person and via Zoom link (see page 3) @ 4:00 PM.



WARRIOR RETREAT: Community Service Update

When the holiday season was full swing the VIP residents and associates at Waltonwood Ashburn took the concept of gratitude to heart. Our the neighborhood's residents joined with their families to complete a donation drive and volunteer event at the Warrior Retreat at Haymarket. Throughout November and December, the residents have been writing and compiling thank you letters for veterans and their families, while their families collected donations for care and welcome packages for veterans and their families.

The donations culminated in the decoration and donation of a children's tree and with the delivery of these precious items by residents and team members from Ashburn. There, they who were able to meet the executive director of Willing Warriors, Sarah Ford. Our residents read their letters aloud, spoke to the Willing Warrior team about the importance of these efforts and shared their appreciation for the veterans and their families. When asked why our wounded veterans pull at our heartstrings so much, one of our resident's answers rang especially and true, "It's simple," he said, "they really gave everything."

\$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

JANUARY 2022



A Better Here-And-Now

The Daily Chronicle is a little newspaper that our neighborhood reads from each morning. "The Chronicle" as we loosely call it, tells us what every good paper should: today's date.

It also lets us know what we are honoring, celebrating, or simply paying attention to on this day in history. Maybe today is Groundhog Day... or National No Housework Day ...or World Whiskey Day.

Sometimes, when I read the little blurb that announces what **today is**, I hear exasperation in the voices of our residents. Those sentiments sometimes mirror my own thoughts, "Oh come on. This can't be a real holiday."

But really, we don't need to spend a lot of money or time honoring *all* the details of these fairly nuanced holidays. The acknowledgement can, however, lead us towards interesting areas of conversation.

Such was it on Family Roots Day near

the end of 2021. In this discussion, we attempted to understand our own, present-day lives by thinking a bit about the lives of our ancestors.

We talked about our fathers who were fisherman and how our current daily consumption of fish contributes to a long and healthy life. We spoke of how the townspeople in Rothenburg were expected to keep the cobblestone streets clean, a personal work ethic still considered a gold standard.

We also spoke of the innovative nature of people from Sweden. And this leads to a New Year's wish that must be shared.

In our present day, we feel the ingenuity of our Swedish ancestors translates to **creativity**. And while it may have led one our residents to pursue a life in architecture, today, she (and we) wish that **you** may find art within yourself!! Happy New Year!!!

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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!

ASSOCIATE SPOTLIGHT – MOHAMMAD RAHMANI

Congratulations to Mohammad Rahmani for being selected Employee of the Month! Mohammad was chosen because he is equally conscientious and helpful and goes out of his way to assist whenever a need arises. He truly enjoys his work and it shows. He loves it when he sees residents smiling and feels a sense of pride when his attentiveness can help them to have a fantastic day!

Mohammad primarily works in Waltonwood’s Assisted Living neighborhood. He has been an employee since 2019 and has received numerous honors of recognition since that time.

In his spare time, Mohammad enjoys martial arts, Bollywood movies and scenic country drives. He previously worked in Maine but prefers the lighter snowfalls here in Virginia! Still, he dreams of visiting all 50 states and has future plans to enroll in nursing school.

Mohammed loves spending time with his family as well and in February, he will welcome his first child, a daughter, into the world!



DECEMBER HIGHLIGHTS

9

We relished the divine harmonies and Victorian costumes of carolers during our “Home for the Holidays” Open House

17

Holiday Cookie Decorating only proved that you CAN decorate one WHILE you eat one!!! Thank you Team Oma for donating this year’s batch!!



18

Madame Jean celebrated 99 years in French-Bistro style. Her son led a special Q&A and caregiver Anani impressed us in serenade. Her secret for longevity: treat people fairly.

23

Big thank you to Santa Craig and his Elf! You are the best duo in this hemisphere!!!!



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. By 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 you like skipping a workout and you need that extra motivation get some friends and get moving because there’s strength in numbers.

TRANSPORTATION INFORMATION

If you have a suggestion for a great local activity, please let me know by emailing: rachel.reed@singhmail.com. Here’s where we’re headed this month:

- 1/6: Lunch Bunch trip to Chau’s Cafe @ 11:30 AM.
- 1/13: National US Army Museum @ 10:00 AM
- 1/20: Sweet Signatures Experience: How custom chocolate is made
- 1/27: Lunch Bunch hops over to Dunkin Donuts: 2:30pm

We’re kicking our yearly Cyber Café meetings off in January with an in-person Meet & Greet. Join us @ the Sundance Theatre here at Waltonwood on January 26th @ 4:00 PM. We’ll try to host this meeting via Zoom as well --but it would be great to see you in person for this first session.

Meeting ID: 86020383164 Passcode: JRMNf2



Residents loved learning about the health benefits and history of chestnuts. (Fun Fact: most original trees were planted by the Romans after conquering!) These beauties were painted after the discussion.

JANUARY SPECIAL EVENTS

01

Fiesta Bowl Party:
Oklahoma State vs. Notre Dame

17

MLK Day

23

National Pie Day

26

Family Meet and Greet.
4pm at Waltonwood’s
Sundance Theatre



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 of 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 neighbors to connect with at Waltonwood Ashburn. Therefore, we head into 2022 with great optimism for another healthy, safe and productive year.