



RESIDENT BIRTHDAYS

6/1
Marilyn Balish

6/2
Ira Furlong

6/4
Vince Curletta

6/8
Mary Verkler

6/9
John O'Connor

6/18
Mary Jane Slack

6/19
Connie Holleran

6/25
Clayton Spencer

6/27
Stanley Talarek

Meet Our New Life Enrichment Manager

Carmine Gothard was born in Alexandria VA and bounced around the Midwest for a few years before coming back to Northern Virginia. She went to George Mason University and is currently studying clinical psychology. Carmine originally started working in senior living as a Life Enrichment Assistant in 2019. After building connections with her residents and seeing the impact she could have in their lives on a day to day basis, she knew that she wanted to continue working in the field. In Carmine's spare time she coaches Little League softball, rock climbs, and enjoys reading. She loves writing as well. Carmine even published a book of poetry last year and has another one coming out later this year. She has an 8 month old puppy named Sasha. Carmine is looking forward to getting to know everyone and being a part of this amazing community.



COMMUNITY COMMUNICATION

- 6/1 Wine & Cheese
- 6/2 Meet & Greet the New Life Enrichment Manager
- 6/3 Vocal Concert with Ron Howard
- 6/6 Pedicab Bike Tour
- 6/7 Broadway of the 1950s Concert with Jocelyn Jackson
- 6/8 Southern Belle & Beau Social
- 6/9 Awesome Authors: John Steinbeck
- 6/10 Vocal Instrumental Concert with Davis Bradley Duo
- 6/11 Tacy Music Foundation Concert
- 6/14 Flag Day History, Trivia & Puzzles
- 6/15 Pool Party & DJ Todd
- 6/16 Recess at Work Day: Big D' Novelty Ice Cream Truck
- 6/16 Show By Show: Bob Fosse
- 6/17 Vocal Concert with Hana Tawil
- 6/19 Father's Day BBQ
- 6/21 Great Barrier Reef Social
- 6/22 Piano Concert with the Nguyen Brothers
- 6/23 Art Appreciation: Frank Lloyd Wright

- 6/24 Vocal Concert with Katy Morse
- 6/27 Lunch Out/In: Carnegie's
- 6/29 Dairy Delight Social
- 6/30 Wedding Memories
- 6/30 History of Jazz with Jocelyn



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!

ASHBURN CONNECT

JUNE 2022



SINGH

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www.waltonwood.com | 571 918-4854
Facebook: /WaltonwoodAshburn



June

UPCOMING EVENT HIGHLIGHTS

The summer solstic is upon us, bringing us more daylight hours to get outside to do more activities. Gemini Twins, Castor and Pollux come out to play. Juno, the goddess of marriage, bring us our first special event, wedding memories. The month is filled with a lot of summer fun. We celebrate National Donut Day with coffee and donuts during our morning trivia. The DC Pedicab bikes are back to tour us around Ashburn. Enjoy the sun on your face during our Southern Belle & Beau Social while sipping a sweet tea or mint julep. It's Recess at Work Day. You don't want to miss Big D's Novelty Ice Cream

Truck open to everyone in the community including staff. We honor our dads this month with a special barbeque. Head to Australia during our Great Barrier Reef social, matey. There's a new restaurant in town so join us for Lunch Out/In at Carnegie's. It's National Diary month so we're enjoying a Dairy Delight. Bring your wedding photos to reminisce aout your wedding day. Get up and dance to the sounds of Swing during the Jazz presentation. End the month with the annual Waltonwood Golf Open. 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
- Carmine Gothard
AL Life Enrichment Manager
- Jocelyn Jackson
IL Life Enrichment Manager
- Rachel Reed
MC Life Enrichment Manager

ASSOCIATE SPOTLIGHT

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

Emilia has worked at Waltonwood for six months. She decided to work with seniors as they remind her of her mother. Emilia loves working with the seniors in our memory care neighborhood. She is very attentive to their needs and assists them before they even know they need anything. Emilia loves all the residents and wants to make sure they are well taken care of. This service motivates her to come into work every day. Even when she's home she's thinking about the residents and how to provide better service for them the next day.

Emilia is originally from Bolivia. She moved to Virginia in 2015 with her family. She can frequently be seen at the mall or at the park with her two grandchildren. Emilia loves cooking, especially food from her country like picante de galina, chicken barbeque and soup. Every two years, Emilia heads overseas to visit her son and her mother in Bolivia for a fun filled vacation.



MAY HIGHLIGHTS



FOREVER FIT: Alzheimer’s & Brain Awareness Month

June is Alzheimer’s and Brain Awareness Month, an annual observance raising awareness on Alzheimer’s Disease and other dementias. For years the Waltonwood family has partnered with the Alzheimer’s Association to support the mission of a world without Alzheimer’s and other dementias. While there still may not be a cure, taking proactive steps and developing healthy lifestyle habits have been shown to slow the onset of the disease and delay its debilitating effects. Much like heart health, cognitive health can benefit greatly from increasing physical activity and exercise, eating a well-balanced nutrient rich diet and effectively managing stress. It’s never too early or too late to start taking better care of ourselves and small changes today can help lead to healthy years to come.

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. Theresa (10am) & St. David’s (10:30). Please sign up at the front desk for these trips.

TUESDAY TRIPS

Please sign up with Camine if you are interested in participating in any of the below trips as seats are limited. Sometimes we are not able to accommodate residents at the last minute as there is a cost for some trips and they need to be planned in advance.

- 6/7 11am Picnic in the Park FREE
- 6/14 2pm Ice Cream Trip to Baskin Robbins (cost for treat & tax)
- 6/21 11:30 Lunch Bunch: Cooper’s Hawk (cost for meal, tax and tip)

JUNE SPECIAL EVENTS

2	15
Meet & Greet the New Life Enrichment Manager	Pool Party & DJ Todd
16	30
Recess at Work Day: Big D’s Novelty Ice Cream Truck	Wedding Memories



EXECUTIVE DIRECTOR CORNER

Summertime is here! We have a lot fantastic summer activities planned at Waltonwood Ashburn. We started the summer with a “Welcome to Summer” Memorial Day Carnival event on May 26th. On June 28th, we’re hosting the “Waltonwood Open” at Chantilly National Golf Course. This is a golf tournament intended for both residents and families. If you’re interested in participating, please contact the front desk for a flyer. Festive Independence Day activities will take place the week of July 4th. We finish summer with “Camp Waltonwood” on August 20th. This event is intended for the kids of both residents and staff. The theme this year is “Safari!” More details regarding this event will be forthcoming. Please enjoy these summertime events and remember to stay safe in the summer heat by seeking shade when necessary and by drinking plenty of water.

