



JUNE BIRTHDAYS

- Happy Birthday, Liz on the 24th @ 3:00pm!

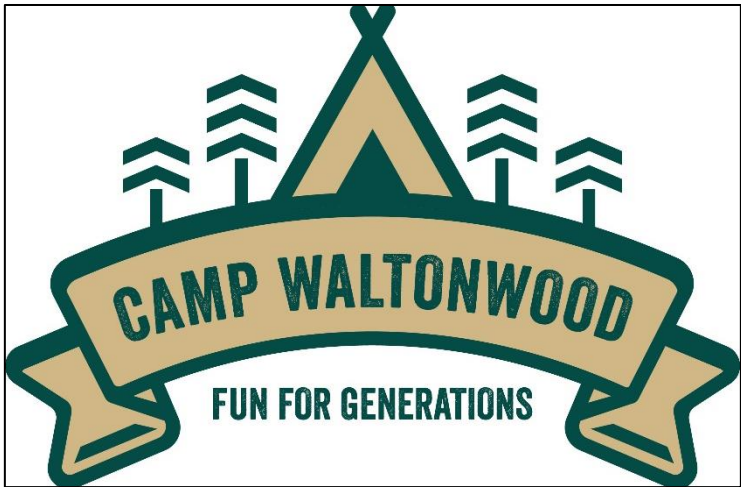
SALON

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

FAMILY MEET & GREET

This Kick-Off Family event will be hosted on the last Wednesday of February in person (see page 3) @ 4:00 PM.

Save the Date: Camp Waltonwood, August 20th



Girl Scout Shout-Out



You know what one of the great things about Cub Scouts is? They hang out with Girl Scouts!!!!...or at least their parents do. That's why in February, as the Cub Scouts volunteered for our Read Across America event, at least one parent from a local Daisy Troop got a wonderful idea. When the event was over, she observed how the children volunteering, went home "feeling so humbled by the love they got from everyone here." I'm going to repeat that, the children went home feeling so humbled by THE LOVE THAT THEY GOT FROM EVERYONE HERE.

Not even a day passed before she contacted us asking if her Daisy Troop could volunteer someday soon...and the rest is history! We decided on having a craft "sale" and the girls and parents planned for months on when they could come and what they could make to "sell" to our residents.

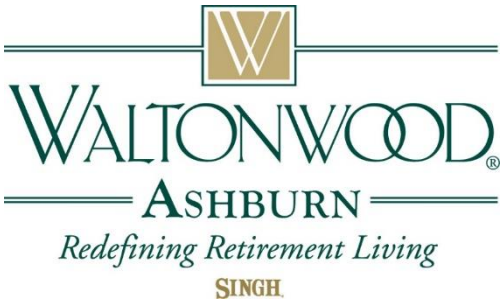
Ultimately, we provided the token money and the girls did all the rest! We were so impressed by their politeness, enthusiasm, organization and artistry that we had to give a little back. At the end of the day, we invited the girls to use the play money they'd made at our own little store where we had a number of toys, crafts and handmade tie-dye cookies.

This really sums the day up; before she left, one of the girls gave me most of the play money she'd made to donate to a good cause. Bless all of their hearts!!!!!!!!!!!!!!

Calling all kiddos, Ages 5-11 for end of Summer Safari Fun!!! Stay tuned...

ASHBURN CONNECT - MC

JUNE 2022



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HIPPOTHERAPY

How do you know that you are visiting with a friend? Do they call you months in advance to make plans for a time when you can next get together? On the day you arrive, do they walk out to your car to greet you? Do they have a big smile on their face when they say "hello?" Do they offer you a place to rest or a blanket if you are chilly? Do they make sure that you have a wonderful visit? Do you feel safe in their company? Do you feel happy?

If your answer to all of these questions was "yes" then you will understand what our experience was like when we once again visited the staff, volunteers, and of course...the horses at Loudoun Therapeutic Riding Center in Lovettsville.

For almost 50 years, LTR has connected people with the healing power of horses.

A portion of their mission is, through horse-assisted services to "promote well-being and community inclusion" for people who have physical and cognitive challenges.

When we visit, the staff leads us through a circle-style introduction where we talk about what our experiences with horses has been. This new setting, where the neighing and braying of the equine residents echoes through the windy barn aisles as we talk, almost instantly taps into our collective emotional memory.

We discover in that first moment (one that really sets the tone for the day's experience) that some of us have ridden through neighbor's cornfields on horseback as children, some of us groomed horses in military academy, and others of us just like the way horses smell.

COMMUNITY MANAGEMENT

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Tiffany Ashton
Marketing Manager

Kathleen Kisiah
Marketing Manager

Eduardo Villasmil
Culinary Services Manager

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Sharon Prior
Resident Care Manager

Keisha Sampson
AL Wellness Coordinator

Brenda Islas-Sanchez
MC Wellness Coordinator

Jocelyn Jackson
IL Life Enrichment Manager

Carmine Gothard
AL 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 – EMILIA ROCCA

Congratulations Emilia! We are so proud of you for being named Employee of the Month for June!

It's hard to believe that Emilia has only worked at Waltonwood for six months! Her attentiveness and level of comfort have often prompted her peers and family members to ask, "Who is that wonderful woman who works in the dining room?" Emilia made a conscious decision to work with older adults because they remind her of her own mother. She especially loves all the VIPs living in our neighborhood. She has the ability to anticipate their needs and we feel that really makes a difference in their dining experience. This spirit of dedication and service motivates her as she grows in this profession.

Emilia is from Bolivia. She moved to Virginia in 2015 and can frequently be seen at the mall or at the park with her two grandchildren. She loves cooking and especially enjoys making Bolivian dishes such as picante de galina, chicken barbeque and soup. She's thankful to be able to return to Bolivia every two years to visit with her son and mother.



MAY HIGHLIGHTS

17

Our lovebirds hosted a grand birthday party. They invited ALL of their friends --and demonsted their indelible spirit of generosity.

19

Someone is proudly showing her daughter a place-setting gift from our Mother's Day Tea.



24

Peter charmed the smiles out of us as he sang "Let Me Call You Sweetheart!"

27

Look who's perfecting the Mandala pour!



Alzheimer's and 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 heath, 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 to early or to late to start taking better care of ourselves and small changes today can help lead to healthy years to come.

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:

- 6/2: Alamo Drafthouse Cinema: Top Gun Maverick @ 11:15
- 6/9: Trip to Dunkin Donuts @ 2:30
- 6/16 Loudoun Heritage Farm Museum @ 1030 AM
- 6/30: Lunch Bunch Trip, Ford's Fish Shack @ 11:30 AM

Family Café is hosted the last Wednesday of each month @ 4:00 PM via ZOOM. You must have an authorized zoom account to join.

Meeting ID: 86020383164

Passcode: JRMNf2



Jules The Cat positively radiated during her visit in May!

JUNE SPECIAL DAYS

06

Pedi Cab Rides

16

Big D's Novelty Ice Cream Truck



PEDICAB



19

Father's Day

29

Making a Moving Fish



EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

Summertime is here! We have a lot of fantastic summer activities planned at Waltonwood Ashburn. We started the summer with a "Welcome to Summer" Memorial Day Carnival event on May 26th. One 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 the 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.

