



Camp Waltonwood Thank You

Thank you SO much to all of our volunteers who helped with Camp Waltonwood in August. It wouldn't have been a success without you. A very special thank you to Betty Anderson, Ellen Consul, Dorothy Englund, Mary Nell Ferry, Fran Kaplan, Carole Larkin, Bill Souders & Don Thaler.

Not pictured: Bill and Don.



RESIDENT BIRTHDAYS

- 9/5: Joyce Dawson
- 9/8: Suzanne Volkman
- 9/9: Patricia Phillips
- 9/10: James Anderson
- 9/11: Bob Horan
- 9/11: Russ Stark
- 9/12: Jean Marcotte
- 9/16: Phyllis Ready
- 9/18: Gloria Noone
- 9/25: Sheila Weber
- 9/27: Margaret Keane
- 9/27: Jim Shroeder



COMMUNITY COMMUNICATION

- 9/2 Flower Power Party
- 9/5 Labor Day BBQ
- 9/6 Sip & Paint with Sree
- 9/7 Art Class with Juliet
- 9/7 Vocal Instrumental Concert with Accidental Red
- 9/8 Beltone Hearing Care Center
- 9/9 Misha & the Wolves: Holocaust Fact or Fiction with Jimmy
- 9/10 Serenation Community Project with Nayeema: Pet Toys for LCAS
- 9/11 Grandparents Day Pancake Breakfast at Ashburn Fire & Rescue
- 9/12 Classical Capers: Medieval Composers
- 9/13 Piano Bar with Jerry Roman
- 9/14 Blood Pressure Check with INOVA
- 9/14 History Alive Show: Rosie the Riveter
- 9/14 Good Looking Grandpa Luncheon
- 9/14 Vocal Concert with Ron Howard
- 9/15 Wonderful Women of Waltonwood Luncheon

- 9/15 Art Appreciation: Winslow Homer
- 9/16 Small Vacation in Switzerland & Lunch with Annie Marie
- 9/17 On That Note Show: Oklahoma
- 9/18 Pizza Making Luncheon with Sree
- 9/29 Lunch Out/In: Carolina Brothers Pit BBQ
- 9/19 Kiero No Hi Social
- 9/21 Importance of Honey Bees & Honey Tasting with Dan Price
- 9/21 Bracelets for a Cause: Alzheimer's Association
- 9/21 Vocal Concert with Tyler Goldstein
- 9/22 Life of Milton Hershey
- 9/23 Brain Health & Fitness Presentation
- 9/26 Passport Travels: JJ's Caribbean Cruise Experience
- 9/27 Voter Registration
- 9/27 Drive-In Movie Night
- 9/28 History Presentation with Roger Wonders of the Ancient World
- 9/28 Ragtime Concert with Bill Edwards
- 9/28 Marvelous Men's Club Luncheon

ASHBURN CONNECT

SEPTEMBER 2022



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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

UPCOMING EVENT HIGHLIGHTS

Remember the poem, "Thirty days hath September?" In many countries September is when many children go back to school. The harvest month brings us Autumn on the 22nd. Add some forget-me-not flowers to your apartment and sprinkle in some sapphire blue to lift your spirits. During the month of September we celebrate Labor Day and Grandparents Day. We celebrate as "one community" during Assisted Living Week as we join in on some of their special activities. We start the month off with a Flower Power Party. During the day we are submerged in a variety of 1960s related activities.

Ashburn Fire & Rescue has invited us to a special pancake breakfast in honor of Grandparents Day. Rosie the Riveter is here to share her World War II experiences with us. Tour Switzerland with Anne Marie & stay for lunch. On That Note is here doing their fall production of Oklahoma. We're working on a couple of community projects for various causes so please join us. And we end the month with a Drive-in Movie night on the patio. There are so many other events to enjoy during the month of September to keep you active and having fun. Life is good at Waltonwood.



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

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

Olga has been a server at Waltonwood for only 5 months and she has already been selected Employee of the Month. Olga is very friendly and is willing to help any resident in need. She even knows what residents want before they ask for it.

Olga moved from California to Virginia in 1995. After her 4th child went to college, Olga decided to enter the work force. She worked in public schools for 15 years as a cook and server. She then worked for a healthcare community before coming to Waltonwood.

In her spare time, Olga enjoys hanging out with her family, to include her Pitbull/Labrador mix. She also enjoys reading the bible and gardening, especially her roses.



TRANSPORTATION INFORMATION

MEDICAL APPOINTMENTS

Medical appointments are available on Mondays & Wednesdays from 8:30-4:00. Appointments must be made using the "Transportation Request Form" located at the front desk and requested no less than 48 hours (2 days) in advance.

CHURCH SHUTTLE

The shuttle goes to Christian Fellowship (9am), St. Thersa (10am) & St. David's (10:30). Please sign up at the front desk for these trips.

FRIDAY TRIPS

Please sign up at the front desk 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.

- 9/2 11:30am Lunch Bunch: Blue Ridge Grill – Cost for meal, tax & tip
- 9/9 2pm Crumbl Cookie Trip – Bring your Crumble card for a free cookie
- 9/23 9am Shopping & Lunch Trip to Middleburg – Cost for purchases, meal, tax & tip
- 9/30 9am Museum of the Shenandoah Valley - \$10.00

SEPTEMBER SPECIAL EVENTS

5

Labor Day BBQ

16

Small Vacation in Switzerland & Luncheon with Annie Marie

19

Kiero Ni Hi Social

27

Drive-In Movie Night



AUGUST HIGHLIGHTS



FOREVER FIT: Focus on Flexibility

Flexibility refers to our bodies ability to freely move one or multiple joints pain free and through full range of motion (ROM). As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decreased ROM in many of the body's most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies, flexibility and regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Some tips that can help keep you loose, limber and feeling your best are warming up your body before exercising to ensure safety and flexilbity, holding each stretch for 10-90 seconds without excessive force and proper breathing, inhaling through the nose during the exercise and exhaling through the mouth while releasing the exercise.

EXECUTIVE DIRECTOR CORNER

Labor Day is the 5th, a day to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States of America. Labor Day is a national "day off". Please have a fun and safe Labor Day holiday. We also have National Assisted Living Week the 11th through the 17th. This annual observance provides an opportunity for residents, their loved ones, staff, volunteers, and local communities to celebrate the individuals who live and work in Assisted Living. This years' national theme is "Joyous Moments." We have a full schedule of joyous community activities and events scheduled. Please join us in celebrating all those who live and work in Assisted Living.

