



SEPTEMBER BIRTHDAYS

- Happy Birthday, Barbara on the 21st @ 3pm
- Happy Birthday, Joan on the 30th @ 3pm

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.

Volunteer Shout-Out



We  Volunteers

What would we do without you?

You, our family members, who in addition to visiting and caring for your own loved one, reach out to assist the broader community with the call is made.

You, our regular, non-family volunteers who first visited on a whim and have returned, time and time again to play cards, entertain or simply sit for conversation.

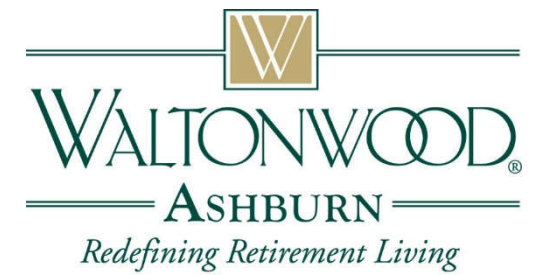
You, community leaders who reach out with resources when you know there might be a need.

What would we do without you?

Thank you!

ASHBURN CONNECT - MC

SEPTEMBER 2022



44141 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854
 Facebook: /WaltonwoodAshburn



Camp Waltonwood: Welcome to the Jungle!

Camp Waltonwood is an annual, intergenerational event for our residents. It's day of adventure where the giggles, antics and excitement of the youngest of those in our extended Waltonwood family are experienced in a themed setting.

Our first Camp Waltonwood was held in 2019. However, due to health concerns during the scariest parts of the Covid outbreak, Camp had been on hold. Since that time, however, our community has grown!

So, it should have been no surprise that when we reintroduced a jungle-themed camp this year, our number of campers had not only grown, they had almost quadrupled!

If you were not able to join us this August, please don't worry. We'll be back! In fact, we're already talking about what next year's theme will be!

Camp Waltonwood brought joy in all forms, but part of that feeling was represented by the understanding that we were able to bring children into our world again...and in a big way.

We *want* our families to know that when they choose Waltonwood, there *will* be opportunities to interact joyfully with children. And we hope that this year's camp was a good example of that expectation again fulfilled.

COMMUNITY MANAGEMENT

Christopher Leinauer
Executive Director

Audrey Poore
Business Office Manager

Tiffany Ashton
Marketing Manager

Kathleen Kisiah
Marketing Manager

Eduardo Villasmil
Culinary Services Manager

Dwayne Johnson
Maintenance Manager

Tracy Philemon
Independent Living Manager

Sharon Prior
Resident Care Manager

Keisha 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



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 – OLGA RIVERA

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

This is Olga’s 5th month at Waltonwood where works as a server. Olga is very friendly and is willing to help any resident in need. Likewith any great employee, the powers of telepathy seem to come in handy and Olga possess those in abundance; she often knows what residents want before they ask for it.

Olga moved from California to Virginia in 1995. After her 4th child went to college, she 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, including her Pitbull/Labrador mix. She also enjoys reading the bible and gardening, especially her roses!



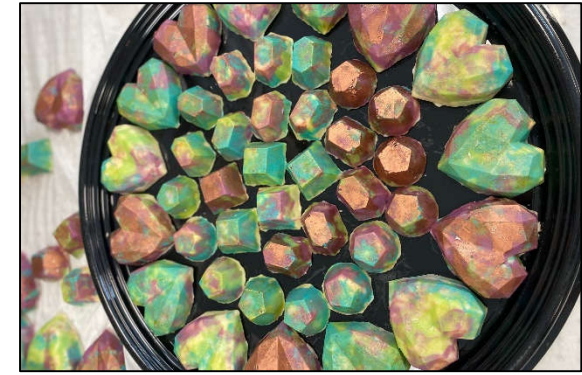
TRANSPORTATION INFORMATION

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:

- 9/1: Lunch Bunch goes to Wendys @ 11:30 AM
- 9/8: Early Birds in the Park @ 9am
- 9/15: Dolce & Ciabatta Bakery @ 11:30 AM
- 9/24: Apple Festival @ 1:30 PM

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



Dee made these delicate little gemstone cakes for us to celebrate with, marvel over...and then devour!

AUGUST HIGHLIGHTS

17

Gorgeous Grandmother Luncheon

18

Visit to Loudoun Heritage Farm Museum

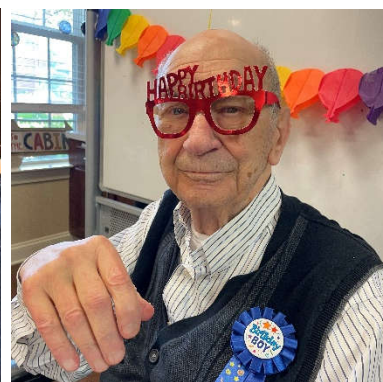


24

Group Sunflower Art with Lori

29

Happy Birthday, Handsome!



SEPTEMBER SPECIAL DAYS

05

Labor Day

5

Live Concert with Peter Bechtel



14

Modern Mariachi and Mohitos

22

Autumnal Equinox



FOREVER FIT – Focus on Flexibility

Flexibility refers to our bodies ability to freely move around one or multiple joints pain free and through a 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 decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, 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. Below are just a few tips and exercises that can help keep you lose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use than as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

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.

