



RESIDENT BIRTHDAYS

9/6- John M.
 9/7- Jerry B.
 9/8- Betty S.
 9/19- Carole H.
 9/22- Jane M.
 9/23- Nancy L.
 9/25- Arlene H.



August Recap

This past month has certainly been a busy one! We celebrated the wonderful women in our lives with an amazing Gorgeous Grandma Luncheon, our residents had a small art show to share their work from this summer with their friends and family, and Camp Waltonwood was an absolute blast! Check out some of the photos in the August Highlights section! We can't wait to see what September brings.



COMMUNITY COMMUNICATION

Upcoming events

9/1- Resident Council Meeting
 9/2- Piano Concert with Bertram McLeish
 9/5- Documentary: The Lost Tomb of Alexander the Great
 9/6- Lunch Bunch Outing- Ford's Fish Shack
 9/9- Lunch & Lecture: Gander Airport's Role in the wake of 9/11
 9/11- Grandparent's Day
 9/12- Snowie's Snow Cone Treats
 9/12- Monday Matinee: Hamilton
 9/13- Heritage Farm Museum
 9/14- Good Looking Grandpa Luncheon- RSVP by 9/7
 9/15- New Resident Welcome Lunch
 9/16- Piano Concert with Eugene
 9/17- On That Note Show- Oklahoma!
 9/19- Documentary: Back to the Titanic
 9/20- Lunch Out In: Olive Garden

9/21- Art Class with Juliet
 9/21- Waltonwood Spelling Bee
 9/23- Vocal/Guitar Concert with Katy Morse
 9/26- Documentary: Jane Goodall- The Hope
 9/27- Voter Registration
 9/30- Vocal/Piano Concert with Jeff Levine.



ASHBURN CONNECT

SEPTEMBER 2022



SINGH

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UPCOMING EVENT HIGHLIGHTS

As summer comes to a close, it's hard not to be excited for some cooler weather. This coming month we have a ton of fun activities planned! Join us on 9/5 for a National Geographic documentary about the lost tomb of Alexander the Great. We'll be heading out to eat on 9/6, if you enjoy seafood be sure to sign up to come with us to Ford's Fish Shack! On 9/9 we will be attending a virtual lecture to learn about how a small town in Newfoundland helped in the wake of 9/11. And then it's Grandparent's Day! We'll have Snowie's Snow Cone Treats at the building to kick off Assisted Living week! Prepare for

a full week of fun as we celebrate our residents and staff with treats, socials, and more! And of course, the much awaited eight week long Waltonwood Wii Bowling League kicks off on 9/12. Come cheer on our players or join a team as we compete with every Waltonwood Community! On 9/17 we will have a performance of Oklahoma to close out assisted living week. Lunch Out/In from Olive Garden will be on 9/20. Get ready to brush up on some vocabulary as we host our own Spelling Bee on 9/21! 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



\$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.



AUGUST HIGHLIGHTS



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. 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 loose, limber and feeling your best!

- 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.

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

TUESDAY TRIPS

Please sign up with Camine or 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.

- 9/6 Lunch Bunch: Ford’s Fish Shack
- 9/13 Loudoun Heritage Farm Museum
- 9/27 Ice Cream Trip

Good Looking Grandpa Luncheon

Join Waltonwood in celebrating the special grandfathers in our lives with our Good Looking Grandpa Luncheon! RSVP for you and a guest with Carmine by 9/7! The Luncheon will be on Tuesday, 9/14 at 12:00.



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.

