



RESIDENT BIRTHDAYS

- 1/1: Bill Toufectis
- 1/9: Bill Sullivan
- 1/11: Sharon Mallery
- 1/17: Yvonne Puffenberger
- 1/19: Marilyn Flanagan
- 1/19: Thea Noland
- 1/20: Pat Carlisle
- 1/22: Nancy Allegro-Brown
- 1/24: Kay Williams
- 1/25: Leonard Godek
- 1/26: Joe Ikenberry
- 1/29: Ursula Williams



Transportation During Inclement Weather

It's that time of year when snow falls, we have icy rain and sleet and poor road conditions are possible. Please be aware that medical appointments, errands and outings may be canceled due to inclement weather. We will cancel trips if local schools are closed due to weather or if management feels it is unsafe to drive. With this in mind, you may need to reschedule appointments and/or make your own arrangements for transportation. We will give you as much advanced notice as we can. We apologize for any inconvenience but your safety comes first. As a reminder, please be sure to sign up for all outings including church & shopping trips.

COMMUNITY COMMUNICATION

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| 1/2 Miss Virginia International Presentation with Erica D | 1/18 Leisure Presentation with Jimmy B: Surrealism – Dreams & Visions from a Shattered World |
| 1/4 America's Greatest Music Makers with Jerry G | 1/18 Vocal Harp Concert with Kristen J |
| 1/4 Vocal Guitar Concert with Lee Jones | 1/23 Women's Luncheon
RSVP by 1/16 |
| 1/5 New Year Traditions Around the World | 1/23 History Presentation with Jim L |
| 1/7 Tacy Music Foundation Concert | 1/23 Broadway 1940s Concert with Jocelyn |
| 1/9 Chinese New Year Celebration with the Lion Dancers | 1/25 Health Presentation with Jose: Searching for the Meaning of Mindfulness & Fitness |
| 1/10 AARP Senior Driving Course (9am-5pm) RSVP by 1/4 | 1/25 Piano Concert with Bertram M |
| 1/10 Piano Bar with Yvonne J | 1/26 Beltone Hearing Care Center
RSVP by 1/19 |
| 1/11 Primrose School Winter Social | 1/28 Serenation Community Project with Nayeema: Valentine Cards for Loudoun Homeless Shelter |
| 1/11 Vocal Piano Concert with Ron H | 1/30 Men's Luncheon RSVP by 1/23 |
| 1/12 Art Appreciation: Paul Cezanne | 1/30 Classical Capers: Classical Era |
| 1/12 Trivia Night with Josh (also on 1/26) | 1/31 Chili Cookoff Contest |
| 1/13 Paraskevidekatriaphobia Party | RSVP by 1/24 |
| 1/16 Lunch Out/In: Moby Dick
RSVP by 1/9 | |
| 1/16 Martin Luther King Jr History, Trivia & More | |
| 1/17 Garden Club Meeting | |

ASHBURN CONNECT

JANUARY 2023



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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

Happy 2023! January 1st is known to be the coldest day of the year in the northern hemisphere. Hunt for happiness this month and join us for many cool upcoming events. We ring in the new year with traditions around the world. A special guest is here – Miss Virginia International. Our popular company-wide Bowling League begins this month. Let “us-snow” if you’d like to be on one of our teams. We have added some new speakers this year who have some great and interesting topics. We are sponsoring the AARP Driving class which offers a discount on your insurance. Do you have paraskevidekatriaphobia? Don't miss the party. We celebrate many themed activities like Martin Luther King Jr and Chinese New Year with the Lion Dancers. January 22-28, help us celebrate the Life Enrichment team who does a great job at providing enriching events, fitness classes and transportation to you. Our Fitness Coordinator is beginning a health presentation series starting with mindfulness and fitness. We continue doing community outreach for various local organizations. And we end the month with a warm Chili Cookoff Contest. Do you think you make the best chili? Bring your taste buds to the event. We are keeping the momentum going for the upcoming year. There are so many fun activities to choose from. 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 Wendy Maldonado for being selected Employee of the Month! Wendy was chosen because she goes above and beyond.

Wendy really enjoys working at Waltonwood and loves the residents. She is always willing to help when and wherever needed. She works on weekends to make sure things are continuing to run smoothly even on Saturdays and Sundays.

Wendy has been at Waltonwood for two years working in housekeeping. She moved to Virginia from El Salvador to be near family. Prior to working at Waltonwood Wendy worked at a restaurant as a cook.

When Wendy is not working, she enjoys spending time with her husband and two children; going to the movies – her favorite genres are horror and romance, going to the beach and cooking. Some of her favorite meals to cook are pupusas, chicken and empanadas.



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. Theresa (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 accommodate residents at the last minute as there is a cost for some trips and they need to be planned in advance.

- 1/5 5pm Supper Club: Pazzo Pomodoro - RSVP by 1/2 – Cost for meal, taxes & tip
- 1/6 TBA Alamo Drafthouse Movie – RSVP by 1/2 - Cost for movie, meal, taxes & tip
- 1/13 11:30 Lunch Bunch: Jalisco de Los Altos – RSVP by 1/6 – Cost for meal, taxes & tip
- 1/20 10:30 Bowling & Lunch at the Branch – RSVP by 1/13 - \$17 – Additional cost for meal, taxes & tip
- 1/27 10am Gateway Gallery & Lunch in Round Hill – RSVP by 1/20 – Cost for purchases, meal, taxes & tip

JANUARY SPECIAL EVENTS

2

Miss VA International Presentation

13

Paraskevidekatriphobia Party

17

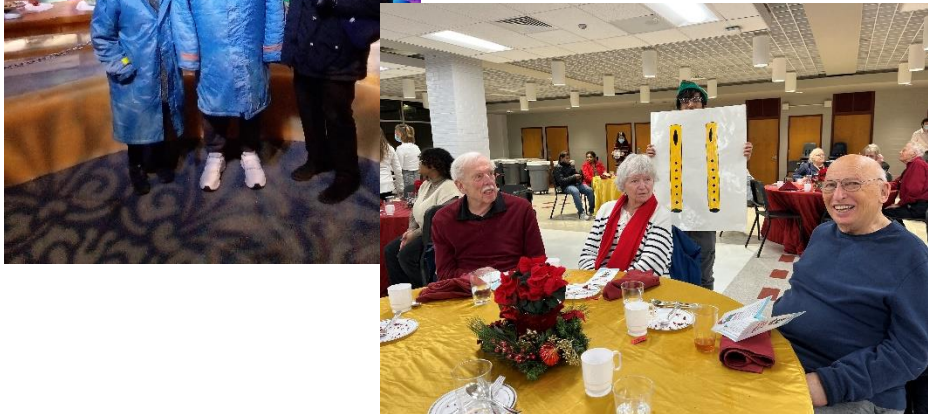
Garden Club Meeting

31

Chili Cookoff Contest



DECEMBER HIGHLIGHTS



FOREVER FIT: Cheers to a New Year

As another hectic holiday season slowly fades, we once again find ourselves transitioning back into those routines that we're used to. Sometimes that's a much-welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. This January I'd like to extend an open invitation; an opportunity to kick start your daily routine by improving the way you move, think and feel. Consider this your personal invitation to join our "Forever Fit" exercise program here at Waltonwood. Open to all residents, our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe and enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year give exercise a try. It just might be one of the best things you can do to keep happy and healthy in the new year.

EXECUTIVE DIRECTOR CORNER

Happy New Year! The New Year has arrived and we look forward to it with great optimism. Our goal is to be the preferred place to both live and work in the Northern Virginia senior housing market. We'll achieve this by providing the best hospitality, care and culture to our residents and staff. I truly believe we already have everything in place to make this new year very successful. Wishing you all a very healthy and fruitful 2023.

