



## JANUARY BIRTHDAYS

- Happy Birthday Fish on the 2<sup>nd</sup>!
- Happy Birthday Gloria on the 22<sup>nd</sup>!
- Happy Birthday Joanne on the 28<sup>th</sup>!

### SALON

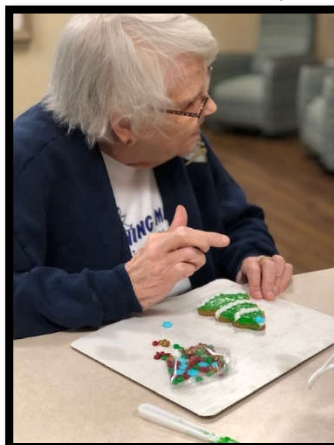
Call 1-800-543-9140 to make appointments or reach out to [wwashburn@southernluxesalons.com](mailto:wwashburn@southernluxesalons.com)

## Decorating Houses Gingerly



Gingerbread-house making is the scourge of holiday crafting to many. The frosting “glue” that is provided in many holiday house kits never seems quite strong enough to endure gravity *and* decorating. That’s why I was so impressed by the work of these ladies and our wonderful associate Lori! Our quaint and wintry house display was themed and drew the admiration from many Waltonwood gingerbread carpenters!

They were so sweetly constructed, I harkened back to last year, when one of our residents exclaimed after admiring a similarly-sculptured confection: “I’m going to live in this little house one day.”



## \$3,500 RESIDENT REFERRAL BONUS

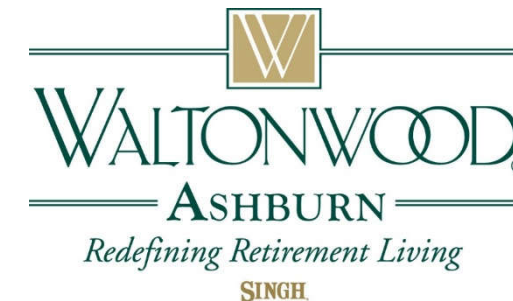
Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!



FRIENDS & FAMILY REFERRAL PROGRAM!

# ASHBURN CONNECT - MC

JANUARY 2023



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[www.waltonwood.com](http://www.waltonwood.com) | 571 918-4854  
 Facebook: /WaltonwoodAshburn



## All's Wool That Ends Wool

Alpacas are extraordinary animals. Just do a little bit of internet searching, or invite two adorable alpacas into your home, as we did in December, and you will be amazed by what you learn.

First, Alpacas don't have teeth in the top front of their mouths! So, in addition to being very gentle animals, they can nibble grain from the palm of your hand without worry of injury. We also saw first hand how the bone structure in their face starts much higher up on the nose than it does in the human nose. In other words, their noses are very big --but very squishy!

During their visit, we learned that the two alpacas featured in the photo above (Dolce is the tall brown one and Cinder in the smaller) are a bonded pair. These boys don't go anywhere without the other one! In fact, alpacas are herd animals and in general, don't really like to be alone.

Alpaca wool is shockingly soft! Reaching out to pet these beautiful creatures creates a warm and fuzzy sensory explosion! Their wool is actually quite varied in color; there are some 22 different color varieties!

Dolce and Cinder arrived in their own special van with their family farm photo advertised on the outside. They visited a couple of our residents en suite and appeared completely at ease while doing their “rounds.”

These two boys are litter-box trained and have access to their owner's home whenever they want to come indoors. They are social and curious. Alpacas are also highly trainable and allowed us to hug their long necks while “ooing” and “ahhing” over their festive reindeer costumes and adorable faces!

What a way to celebrate the year-end!! Until next time...

## COMMUNITY MANAGEMENT

Christopher Leinauer  
Executive Director

Audrey Poore  
Business Office Manager

Tiffany Ashton  
Marketing Manager

Victor Ast  
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

## ASSOCIATE SPOTLIGHT – WENDY MALDONALDO

Congratulations to Wendy Maldonado for being selected Employee of the Month! Wendy was chosen because she is SUCH a productive worker and truly goes above and beyond!

Wendy really enjoys working at Waltonwood and loves the residents. You will often find her working on weekends as she takes pride in assuring tasks continue to run smoothly. Wendy supports us whenever and wherever she can!

Wendy is an important part of Waltonwood’s Housekeeping Team and has worked at this community for two years. She moved to Virginia from El Salvador to be near family. Prior to working at Waltonwood, Wendy worked as a restaurant cook.

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



## TRANSPORTATION INFORMATION

If you have a suggestion for a great local activity, please let me know by emailing: [rachel.reed@singhmail.com](mailto:rachel.reed@singhmail.com). Here’s where we’re headed this month:

- 1/5: Lunch Bunch goes to Sakura @ 11:30 AM
- 1/12: Alamo Draffhouse: A Man Called Otto @ 3:00 PM
- 1/19: National Sporting Library @ 10:30 AM
- 1/26: Dunkin Donuts @ 2:00 PM



We were fortunate enough to have visits from not one, not two, not three but four Santas in December! (The 4<sup>th</sup> Santa is a Secret Santa...shhh.) A very special thank you to Team Oma, Joanna, the Girl Scouts and Santa Jim!!!

## DECEMBER HIGHLIGHTS

14

Here’s Jose and one of his buddies, Rockin’ Around the Christmas Tree again!

20

This Santa suspiciously knew a lot details about a certain very good girl!



22

Family drop-ins are always welcome during our outings...if you can find a seat!

23

Our VIPs pitched in to fill gift bags for each caregiver and wrote the sweetest message to all!



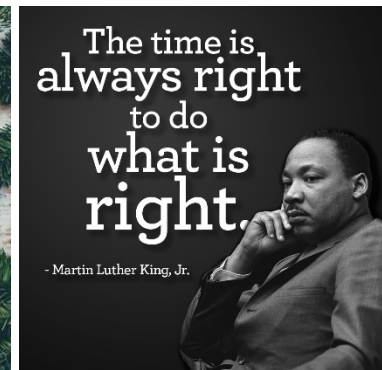
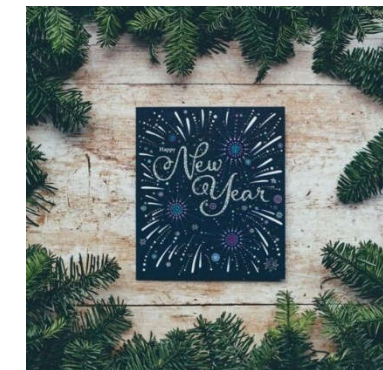
## JANUARY SPECIAL DAYS

01

New Year’s Day

16

Martin Luther King, Jr. Day



30

Pet Visit with Feed Bucket Kitty

31

Performance by Audrey Harris



## FOREVER FIT – Join Us!

As another hectic holidays season slowly fades, we once again find ourselves transitioning back into those familiar routines. 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: 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 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 – CHRIS LEINAUER

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.

