



RESIDENT BIRTHDAYS

- 11/2: Laurie Ehinger
- 11/4: Molly Daniel
- 11/10: Gloria Wood
- 11/4: Fran Kaplan
- 11/14: David Winter
- 11/17: Mary Nell Ferry
- 11/19: Charlotte Graber
- 11/21: Terri Mitchell
- 11/21: Marion Sweet
- 11/23: Ruth Platenburg
- 11/26: David Munn
- 11/30: Leslie Corbett

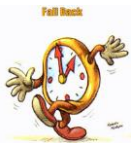


DAYLIGHT SAVING TIME: 11/5

Benjamin Frankin’s proverb “Early to bed and early to rise makes a man healthy, wealthy and wise” suggested that Parisians economize on candles by rising earlier to use morning sunlight. Although private businesses started opening their doors to suit daylight conditions, it wasn’t until George Hudson proposed Daylight Saving Time in 1895. George, an entomologist from New Zealand, used his leisure time to collect insects which led him to value longer evening hours. He originally proposed a 2 hour shift. William Willett, an avid golfer was thrilled with the idea as he disliked cutting his round short due to losing daylight hours. He attempted to get the bill passed up until his death in 1915. Canada was the first to enact DST in 1908. The US implemented DST in 1918 to conserve energy during World War I. It was finally standardized worldwide in 1966. A common myth is that farmers wanted DST implemented. In reality, they are one of the strongest lobbying groups against it.

COMMUNITY COMMUNICATION

11/1	History Presentation with Jim A: Buffalo Bill Cody	11/11	Veterans Day Honorary Social
11/1	Vocal Concert with Audrey Harris	11/13	Kindness Council Ambassador Luncheon
11/2	Famous Monuments: Africa	11/14	Piano Bar with Darryl Nichols
11/3	Dramedy Club Presentation: A Day In the Life – Skit 3	11/15	Primrose School Patriotic Concert
11/4	In-house Theater Show: Musical Artists Theater – Carousel	11/15	Lunch Out/In: Paisanos (RSVP by 11/8)
11/6	History Presentation with Blane A: Amazing Stories of the Heroes at Arlington Cemetery	11/15	Vocal Piano Concert with Bob C
11/7	Pershing’s Own US Army Band Woodwind Quintet Patriotic Conc.	11/16:	History Presentation with Jerry G: World War II’s Big Gamble: D Day
11/7	Casino Night	11/16	Stonebridge High School Concert
11/8	Tour Switzerand Presentation & Lunch with Annemarie W	11/18	Carol Henry Student Recital
11/8	Vocal Piano Concert with Yvonne J	11/20	History Presentation with Tom S: Crisis Support to Policy Makers
11/10	Gardener School Patriotic Concert	11/22	Vocal Guitar Concert with Annie S
11/10	Honorary Veteran’s Luncheon	11/22	Thanksgiving Dinner
11/10	Military Battles That Changed the World	11/23	Thanksgiving History, Humor, Trivia & More
11/11	Veterans Wall Honorary Ceremony	11/27	Community Holiday Decorating, Cocoa & Cookies
11/11	Patriotic Sing Along with Leah	11/28	History Theater Show with Dwane S: Mark Twain
		11/29	Vocal Piano Concert with Jeff L



ASHBURN CONNECT

NOVEMBER 2023



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UPCOMING EVENT HIGHLIGHTS

It’s a bird, it’s a plane it’s ... Andromedids meteor showers. Enjoy the beautifully lit night skies that peak in early November. We get another hour of sleep! Don’t forget to set your clocks back an hour on Saturday the 4<sup>th</sup> before getting into bed. Join us for two new exercise classes: AquaFit, a water exercise class and High Intensity Exercise. The Dramedy Club is presenting their 3<sup>rd</sup> Days of Our Lives skit during happy hour. We have a new in-house theater group coming to visit us. During Veterans week we have many activities planned to honor our veterans starting with casting our votes at the polls. Enjoy many

patriotic concerts, a special luncheon and more. If you like playing blackjack, poker and roulette, join us for our annual Casino Night. Play with funny money and hand in what you have left at the end of the evening. The top three champions win prizes. The 3<sup>rd</sup> week of November we celebrate Thanksgiving with a special dinner, themed activities and a Black Friday shopping trip. Stop by and put a leaf on our Gratitude Tree of something that you are thankful for. Believe it or not, at the end of the month we start decorating our community for the upcoming winter holiday season. Help us deck the halls while we enjoy cocoa and cookies to get us in the mood. Life is good at Waltonwood.

COMMUNITY MANAGEMENT

- Christopher Leinauer  
Executive Director
- Audrey Wilson  
Business Office Manager
- Eduardo Villasmil  
Culinary Services Manager
- Dwayne Johnson  
Environmental Services Manager
- Tracy Philemon  
Independent Living Manager
- Chelsea Gray  
Marketing Manager
- Victor Ast  
Marketing Manager
- Sharon Prior  
Resident Care Manager
- Kesha Sampson  
AL Wellness Coordinator
- Brenda Islas-Sanchez  
MC Wellness Coordinator
- Amanda Perez  
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

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

Lori moved from New Jersey to Northern Virginia to work as a chief pilot secretary with United Airlines. After being there for 20 years, Lori decided she needed a change. She found her niche when she started working at Waltonwood. Lori quickly found that she loves working with seniors, especially in memory care.

Lori has worked as a life enrichment associate at Waltonwood for 4 years in assisted living, independent living and memory care. Lori has a “crazy” personality. She has a great sense of humor and loves to make everyone laugh which puts everyone at ease. She is often referred to as “the hostess with the mostest.” Lori also ensures that the residents are very safe at all times.

Lori gets great joy & satisfaction from creating programming for residents from personal experiences like bringing in her wedding dress and her heirloom cradle that has been passed down from generation to generation.

In her spare time Lori enjoys doing jigsaw puzzles, watching crime dramas, spending time with her granddogs and cat & going to the beach. Lori is very excited about becoming a grandma for the 1<sup>st</sup> time to her grandson who is due in December this year.



## OCTOBER HIGHLIGHTS



## FOREVER FIT: How Do You Feel?

How do you feel today? Seems like a simple enough question but if we’re not honest with ourselves sometimes our answers can lead us astray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, healthy adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies way of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

## TRANSPORTATION INFORMATION

### MEDICAL APPOINTMENTS

Medical transportation is 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 2 business days (Mon-Fri) in advance by 4pm. We do not process requests over the weekend.

### CHURCH SHUTTLE

The shuttle goes to St. Teresa at 10am & picks up at 11:30. Please sign up at the front desk for this trip. If there are other churches in the Ashburn area you are interested in, please let a Life Enrichment team member know.

### 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.

- 11/3 11am Lunch Bunch: Travinia Italian Kitchen – RSVP by 11/1 – Cost for meal, taxes & tip
- 11/7 10am-4pm Trip to the Polls – No RSVP required – Bring your photo ID & voter registration card
- 11/10 9:30am DC Trip: National Gallery of Art – RSVP by 11/3
- 11/17 10am Trip to Clay Café (Ceramic Crafts) – RSVP by 11/10 - \$30.00
- 11/18 12:30pm Pickwick Players: Joseph & the Amazing Technicolor Dreacoat – RSVP by 11/11 - \$15.00
- 11/24 9:30am Black Friday Shopping Trip to Dulles Crossing – RSVP by 11/17 – Cost for your purchases
- 11/28 5pm Supper Club: Texas Roadhouse – RSVP by 11/21 – Cost for meal, taxes & tip

## NOVEMBER SPECIAL EVENTS

11/1

NEW: AquaFit Class  
(Wednesdays at 2pm)

11/7-11

Veterans Week themed  
activities

11/13

Kindness Council  
Ambassador Luncheon

11/22

Thanksgiving Dinner



## EXECUTIVE DIRECTOR CORNER

Daylight saving time will end this month. Please remember to turn your clocks back one hour on Sunday, November 5<sup>th</sup> at 2AM. We honor all those who served in the Armed Forces on November 11<sup>th</sup> with many themed activities. As always, we have a lot planned for Veterans Day! Thanksgiving is Thursday, November 23<sup>rd</sup>. Right after our family get togethers we will begin to festively decorate the community for the winter holiday season. It’s happening so fast! Before we know it, the end of the year will be upon us.

