



RESIDENT BIRTHDAYS

- 11/3 Joe Powers
- 11/6 Ed Smida
- 11/10 Nita Conatser
- 11/12 Ginney Meyer
- 11/18 Clara Williams
- 11/24 Eleanor Clark
- 11/26 Barry Fearer
- 11/26 David Johnson
- 11/28 Joyce Kinlock
- 11/29 Elliot Diamon
- 11/30 Dan Huse



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

- 11/01 Loudoun County Library Bookmobile
- 11/02 Resident Council and Town Hall Meetings
- 11/3 Concert: Tom Saputo
- 11/4 In-house Theater Show: Musical Artists Theater Presents Carousel
- 11/7 Trip to the polls for those registered for in-person voting
- 11/7 Pershing's Own US Army Band Woodwind Quintet Patriotic Concert
- 11/9 Lecture: Diabetes Meal Planning with Sue Nathan
- 11/10 Honorary Veterans Luncheon
- 11/10 Concert: Peter Bechtel

- 11/13 Kindness ambassador Luncheon
- 11/14 Trip: Clay Café - paint-your-own Ceramics
- 11/15 Garden Club: Spring Bulb Planting
- 11/17 Concert: Katey Morse
- 11/18 Carol Henry Student Recital
- 11/21 Shopping Trip: Mon Amie Amy Gift Shop
- 11/22 Early Thanksgiving Dinner (RSVP by Monday 11/13)
- 11/24 Concert: Kendra Holt
- 11/25 Tacy Student Recital
- 11/28 Luch Outing: EATaliano
- 11/29 History Alive: Grace O'Malley – the Pirate Queen



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!

ASHBURN CONNECT

NOVEMBER 2023



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UPCOMING EVENT HIGHLIGHTS

Novmber is here! Among it’s other pleasures, we get another hour of sleep! Don’t forget to set your clocks back an hour on Saturday the 4th before getting into bed. Calling all clasical music lovers! Each Tuesday at 11:00 AM we will be streaming a classical music performnace! We have a new in-house theater group, the Musical Artists Theater, coming to visit us, performing Carousel. For Veterans Day week we have many activities planned to honor our veterans starting with casting our votes at the polls. Do not miss the Pershing's Own US Army Band Woodwind Quintet,

a patriotic sing-along, a special luncheon and more. The 3rd week of November we celebrate Thanksgiving with a special dinner, the day before Thanks Giving: (\$15 for guests, please RSVP by Monday 11/13.) Stop by and put a leaf on our Gratitude Tree of something that you are thankful for. Back by popular demand: a History Alive performance: Grace O’Malley, Pirate Queen! 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

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. Lori also ensures that the residents are very safe at all times. She is often referred to as “the hostess with the mostest.”

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 1st 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 accommodate residents at the last minute as there is a cost for some trips and they need to be planned in advance.

11/7 Trip to the polls: sign up at front desk by 5:00 PM Friday November 3rd.

11/14 Trip: Clay Cafe paint-your-own ceramics. RSVP by 5:00 PM Friday November 10. There is a fee based on the pottery you chose, which will be billed to your room.

11/21 Shopping Trip: Mon Amie Amy Gift Shop. Sign up at front desk by noon Friday 11/17.

11/28 Luch Outing: EATaliano: sign up at front desk by noon Friday 11/24.

NOVEMBER SPECIAL EVENTS

11/5

NEW: Classical Concert series begins (Wednesdays at 2pm)

11/7-11

Veterans Week themed activities

11/13

Kindness Council Ambassador Luncheon

11/22

fThanksgiving Dinner



EXECUTIVE DIRECTOR CORNER

Fall is finally here! As the weather changes, we begin to experience more instances of cold and flu. We hosted our annual flu clinic in September to protect us from this seasonal risk. As the weather continues to get colder, please dress appropriately when outside. Refrain from participating in life enrichment activities and dining venues when feeling sick. The days will become shorter as we move toward the holiday season. With this in mind, please be safe when navigating outdoor spaces and parking lots in the dark.

