

## Volunteer Shout-out: Claire-Extraorinaire!



“Wow!,” “Beautiful voice!” and “Woo-hoo!” were some of the exclamations heard when our volunteer, Claire Benton performed an eclectic set of vocal tunes accompanied by Waltonwood’s official D.J., Todd White.

Our volunteers are such an important part of the daily color and life at Waltonwood and Claire has been volunteering in our Assisted Living neighborhoods throughout the summer and beyond. We are so thankful and grateful for all of her gifts of assistance! From hosting happy hours, making smoothies for assisted living week, preparing for camp to providing gentle greetings, dancing and kind words to our VIPs, she has done it all!

Claire studies many different languages including German and Italian and much of her language learning is self-taught. In addition to language proficiency, we are learning that Claire is also a gifted performing artist.

Currently, Claire is studying auto-tuning and recording at Northern Virginia Community College where she hopes to transfer after a few years of study.

Fun Fact: Claire is an award winning member of the International Thespian Society. Thank you Claire for your dedication, joy and hard work. It is wonderful to know you and to work with you!

## \$3,500 RESIDENT REFERRAL BONUS

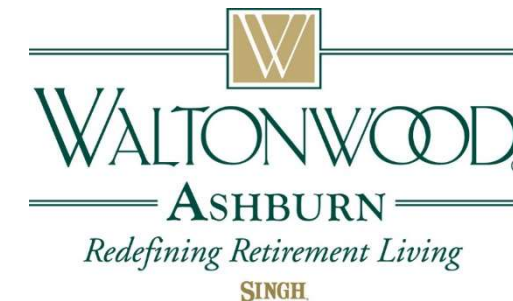
Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!



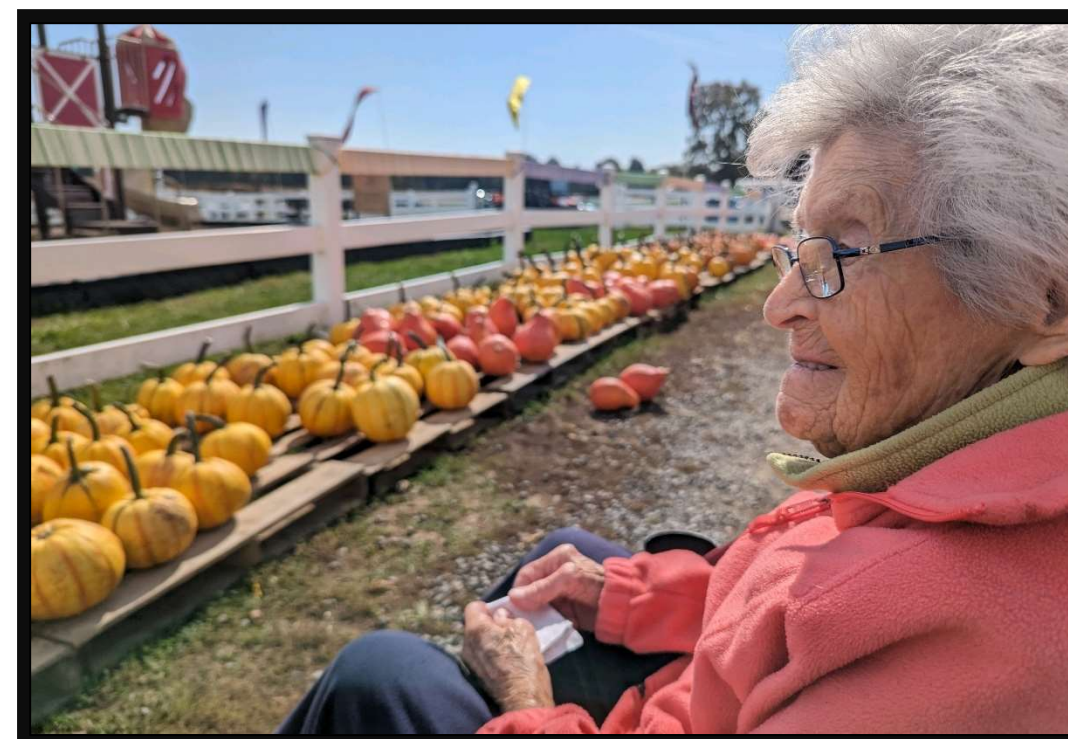
FRIENDS & FAMILY REFERRAL PROGRAM!

# ASHBURN CONNECT - MC

NOVEMBER 2023



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## Autumn at Temple Hill Farm

It's fun to pick out a pumpkin. Some people look for ones nearing the perfected shape of Cinderella's carriage. Others just want a big one or one that has a nice and curly stem. For some, pumpkins *must* be orange. Artists love the heirloom varieties that can be blue, bumpy or white. Parents of small children might be looking for one that will easily carve into a Jack-o-lantern.

At Temple Hill Farm, our residents picked their very own pumpkin. Many gourds were still soaking up nutrients from their vines. They lay growing among rows of sunflowers in large fields that we toured on a tractor ride.

The trip evoked stories of mothers who baked pumpkins with sugar for a delicious treat. The tractor was loud and the ride was bumpy. We passed an old farmhouse and also caught a glimpse of

the famous Belted Galloway cows with coats that look like Oreo cookies.

Just as importantly, we were able to bring our pumpkins back home for a “Knotty Pumpkin” contest. We all touched the cool skin and marveled at the strange and bumpy texture. Our VIPs guessed that our largest pumpkin weighed somewhere between 15 and 2000 lbs! A proud farmboy from Virginia won, whose guess came closest to the actual weight of 17.2 lbs.



## COMMUNITY MANAGEMENT

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ASSOCIATE SPOTLIGHT – LORI COURTER

Congratulations to Lori for being selected Employee of the Month! Lori was chosen because of her indefatigable goodwill and humor, her strong focus on resident safety and the many special projects she creates and coordinates for the VIPs of Waltonwood!

Lori is a Jersey Girl, through and through. In our neighborhood, her “soft edge” translates as genuine, somewhat silly and always relatable. When she walks into a room, our residents recognize her as a friend and as one VIP said recently as she motioned towards Lori in approval, “She is wonderful.”

Twenty years ago, Lori moved from the Garden State 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 at Waltonwood and quickly realized that she loved working with older adults, especially those in our VIP neighborhood. In her spare time, Lori enjoys trips to the beach, working jigsaw puzzles, watching crime dramas and spending time with her kitty and granddogs. Her first grandchild is due in December and she is especially excited about becoming a grandmother! We love you, Lori!



October HIGHLIGHTS

6

Active Aging Week  
Awards Ceremony

9

Story of a family cradle:  
Lori shares her 150-  
year-old heirloom



16

Floral Arranging for  
Walk to End  
Alzheimer’s

18

Basil Cleaning and Pesto  
Cooking Class



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. When repeated consistently, this short-term discomfort produces long-term positive, health adaptations for our body. Exercise however, should never be painful.

There can be a very fine line between pain and discomfort; we need to be conscious of both. Sharp, stabbing, radiating pains or swelling are signs 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

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:

- 11/2: Scenic Tour of Waterford, 2PM
- 11/9: Lunch Bunch goes to Dolce and Ciabatta, 11:30 PM
- 11/16: Vintage Magnolia Antiques, 2 PM
- 11/30: Lunch Bunch goes to Rubinos Pizza, 11:30 AM



Father-daughter matching mustaches!

November SPECIAL DAYS

9

Meet & Greet

11

Veterans Day



13

World Kindness Day

23

Thanksgiving



EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

Daylight savings 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>. As always, we have a lot planned for Veterans Day! Thanksgiving is Thursday, November 23<sup>rd</sup>. Then, we will begin to festively decorate the community for the holiday season. It’s happening so fast! Before we know it, the end of the year will be upon us.

