

**SAVE THE DATE!!**  
Camp Waltonwood  
August 17th

**What do you get  
when you cross a  
dog and a tulip?**

A collie-flower.



**MESSAGE**

**THERAPY**

Call 1-304-614-6158 to  
make appointments or reach  
out to  
massages222@outlook.  
com

**SALON**

Call 1-800-543-9140 to  
make appointments or  
reach out to  
wwashburn@southernlux  
salons.com

**Meeting The Queen of Candy**



Susan Benjamin is one of the nation's leading experts on how sweets and sugars shaped North America's early history. In March, she came to share her knowledge (and her candy) with us!!

Since 2010, Ms. Benjamin has been owner of True Treats, an award-winning store in Harpers Ferry, WV. It is the nation's only historic candy company! There, she researches each product and, with her team, puts the stories on the selection's tag and label.

Originally from Massachusetts, Ms. Benjamin was a college professor of journalism. She now appears regularly on ABC News radio, CNBC, and The History Channel, as well as online and print outlets, including Vice.com, The Atlantic, The New York Times, the Wall Street Journal, Huffington Post, Bon Appetit, and many more. She has even consulted with producers of such productions as Boardwalk Empire on historically accurate candy!

Her visit was a multisensory one: we sang about candy and crinkled our stiff cellophane wrappers as we experienced sweet tastes of butterscotch and horehound. We learned that almost all candies started out as medicinal --and some of us recalled our mothers offering candy to us for upset stomachs!

After her presentation (and since every queen deserves a tiara), we asked Susan if she could bow before us and gave this obvious queen of candy an official crown!



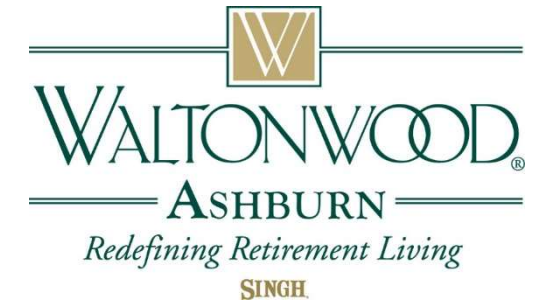
**FRIENDS & FAMILY REFERRAL PROGRAM!**

**\$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 - MC**

APRIL 2024



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



**For The Love of Reading**

Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading! The program was created by the National Education Association (NEA) in 1997 and is designed to encourage children of all ages to explore the world of books. Read Across America is celebrated in schools, libraries, and communities across the United States and is often marked by special events and activities that center around reading and literature.

Our neighborhood celebrated this special time by visiting our young friends at Dominion Trail Elementary School. The children beamed with

pride as they read their favorite books to our VIPs who praised them and appropriately responded with joy and awe to each child; our residents know how to make children feel special and loved. The amazing staff used our gentle style of interaction as an opportunity to encourage the children to initiate conversation and make eye contact with their guests.

And boy did we feel special, too, when we discovered that these amazing children had *even* given up their recess time to spend the afternoon with us! Before the day was through, they had asked their librarian if we could come back to visit!

**COMMUNITY  
MANAGEMENT**

Christopher Leinauer  
Executive Director

Audrey Poore  
Business Office Manager

Chelsea Gray  
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

Sheryl Warren-Graham  
MC Wellness Coordinator

Amanda Perez  
AL Life Enrichment Manager

Jocelyn Jackson  
IL Life Enrichment Manager

Rachel Reed  
MC Life Enrichment Manager

## ASSOCIATE SPOTLIGHT – TONY PITT, JR.

Congratulations to Tony Pitt, Jr. for being selected Employee of the Month! Tony was chosen because he goes above and beyond.

Tony is an important member of Waltonwood’s concierge team. When he’s not behind the front desk, you may find him assisting a resident with a small maintenance issue or catching up with a runaway pet! A great great listener, Tony really enjoys making a personal connection with everyone he meets. He is a tremendous resource for staff and residents in need of a little comfort. In other words, while you have Tony’s attention, he has your back!!

A Fairfax native, Tony recieved Bachelor of Psychology from George Mason University. Recently accepted into GMU’s Masters Program, he will continue in this field with a focus on Clinical Mental Health Counseling.



In his spare time, Tony enjoys reading fantasy and contemporary books, especially the writings of Brandon Sanderson. He enjoys going to history and art museums and playing video games like Pokemon, Kirby and Mario Kart. He appreciates getting together with family and friends and heading to seafood restaurants or having a barbeque at home. After a long day of many activities, he loves curling up with his two cats, Ebony and Penelope.

## 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:

- 4/4: Burnside Farms, 2PM
- 4/11: Dunkin Donuts, 2PM
- 4/18: Lunch Bunch Goes to Petite LouLou, 11:30AM
- 4/25: National Sporting Library, TBD



Agreed! There were good vibes only during this month’s shopping trip to Lid!!

## March HIGHLIGHTS

9

Our Bingo winner and her lovely assistant!



14

The Lunch Bunch waving at Wendys!



21

I mustache you a question...could today be St. Patty’s Day???



23

Big bunny kisses are twice as nice!



## April SPECIAL DAYS

5

DJ Todd is Back in tha’ House!



23

Live Concert Series: Alan MacEwan



25

Family Group Night, 6pm, Assisted Living Sundance Theatre



27

Pet Adoption with the Humane Society of Loudoun County



## FOREVER FIT – Fit and Flexible

As we age, muscles lose their elasticity and become more rigid and stiff. This age-related decline can cause pain, stiffness and decrease range of motion in many of the body’s most-used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best:

- Start by identifying the joints and surrounding muscles that are in the most need of attention
- Warm the body up, emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension
- Hold each static stretch for 10-90 seconds. Miinimize bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale releasing it and breathe normally while holding the movement

## EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

Spring is upon us. The weather is warmer and the days are getting longer. In April, we begin to revive our outdoor areas. The fountains will be turned on. The exterior and courtyard areas will be landscaped. The trees, shrubs and plants will begin to blossom. This spring, make an effort to get outside to enjoy our beautiful property. We have many new residents joining us as well. Please reach out and introduce yourself to our new neighbors and friends. Help acclimate them to community life and welcome them to the Waltonwood family.

