



RESIDENT BIRTHDAYS

- 4/1 Donna Jones
- 4/2 Bob Seiden
- 4/3 Ellen Consaul
- 4/4 Audrey Pflaging
- 4/16 Joe Aguiar
- 4/17 Eileen Ratel
- 4/19 Donna Nixon
- 4/24 Jeanne King
- 4/27 Peter Nazareth
- 4/29 Janet Taliafero
- 4/30 Mary Ann Seiden



Volunteer Appreciation Week 4/21-27

Hooray for our volunteers! National Volunteer Appreciation Week is a time we celebrate our very much needed volunteers who dedicate their talents, time and money to provide us with fabulous activities. Without them to enhance our program, our calendar would not be full. We have volunteers that help in a variety of areas: religious/spiritual services, speakers, intergenerational, arts and crafts classes, trivia, performers and more. We even have resident volunteers who are ambassadors and are on the Kindness Council. These are very crucial services. From me and the life enrichment team, we truly appreciate everything you do to better our community. You make the ordinary extraordinary in the lives you touch. Thank you!



COMMUNITY COMMUNICATION

- 4/1 Nationals Tailgate Party
- 4/2 Veterans' Club Movie & Lunch
- 4/3 Vocal Piano Concert with Kendra H
- 4/4 World of Acappella Presentation
- 4/8 Total Eclipse of the Sun Event
- 4/8 Sing Along with Bix
- 4/10 US Presidents' Attitudes Toward Intelligence Presentation with Tom S
- 4/10 Lunch Out/In: Vocelli's Pizza (RSVP by 4/3)
- 4/10 BarberShop Concert with 6'3"
- 4/11 Health Presentation with Jose: Embracing a Limber Life
- 4/13 Girl Scouts Presentation & Cookie Tasting
- 4/15 Piano Concert with Michelle Powell
- 4/16 Show & Tell
- 4/16 Piano Bar with Yvonne Johnson
- 4/17 Battle of Ball's Bluff: A Shortage of Boats Presentation with Jim A
- 4/17 Art Class with Juliet Gilden
- 4/17 Piano Concert with Bertram McLeish
- 4/18 Cousins Maine Lobster Food Truck

- 4/18 Health Presentation with Ellen C: Sleep & the Brain
- 4/22 Washington Senators Presentation
- 4/23 Ashburn Ukulele Concert
- 4/23 Volunteer Appreciation Awards Ceremony
- 4/24 Primrose Spring Reader's Nook
- 4/24 Vocal Guitar Concert with Lee J
- 4/25 Health Presentation: Dementia 101 (A Seven Part Series)
- 4/27 Tacy Music Foundation Concert
- 4/29 Passover Seder with Jimmy B
- 4/30 Violin Concert with Benedict G

REMINDER

Saturday shopping trips have been moved to Sunday at 12pm.



ASHBURN CONNECT

APRIL 2024



SINGH

44141 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854
 Facebook: WaltonwoodAshburn



UPCOMING EVENT HIGHLIGHTS

Spring, also known as the vernal equinox where both days and nights are 12 hours long, is a time of rebirth, rejuvenation, renewal and regrowth. It is a perfect time to participate in our many activities. Join us for our Total Eclipse of the Sun Event. 2017 was the last time this spectacular event occurred. It's National Barbershop Day so we'll enjoy a fun group of tall men. Our popular Show & Tell activity is back. Bring a memento from your apartment and share why it is so meaningful to you. If you enjoy learning about the Civil War, you don't want to miss a presentation and a tour to Ball's Bluff Battlefield. Back by popular demand, Cousins

Maine Lobster Food Truck is back. This month we celebrate Earth Day, Arbor Day and Passover. The Washington Senators help us kick off baseball season. The Ukulele Club from Asburn Senior Center is here to perform for us. We thank all of our many volunteers at our awards ceremony. Read Across America was so fun in March that we are starting a Reader's Nook for Primrose School. Please let us know if you are interested in reading to the kids. We end the month with a courtyard concert. Don't forget to take in the warm sunlight and catch a breath of fresh air too. 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
- Sheryl Warren-Graham
MC Wellness Coordinator
- Amanda Perez
AL Life Enrichment Manager
- Jocelyn Jackson
IL Life Enrichment Manager
- Rachel Reed
MC Life Enrichment Manager



\$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!

ASSOCIATE SPOTLIGHT

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

Tony has worked at Waltonwood in concierge for almost 3 years. He does more than this regular job responsibilities. In fact, he can be considered a Jack-Of-All-Trades. Tony assists residents with small maintenance issues in their apartments. He can be seen chasing down pets to ensure their safety. Tony even helps the life enrichment department by showing documentaries and movies and starting church services. He is great listener and provides comfort and support to residents and staff. Tony really enjoys making a personal connection with everyone he meets.

Tony was born and raised in Fairfax, Virginia. He received his Bachelor in psychology from George Mason University. Tony, was recently accepted into GMU's Masters program where he will study Clinical Mental Health Counseling.

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



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.

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.

Saturdays 2pm, Sundays at 9:15am & 12pm: Shopping – see calendar for stores of the day
Sundays 10am: St. Theresa Church Service

- 4/5 9:30AM Green Springs Garden – \$15.00 – RSVP by 4/1
- 4/12 11:30am Lunch Bunch: La Presse – Cost for meal, taxes & tip – RSVP by 4/5
- 4/19 10am Ball's Bluff Battlefield Tour with Jim Anderson – FREE – RSVP by 4/12
- 4/21 3pm Encore Chorale Spring Concert – FREE – RSVP by 4/14
- 4/24 Supper Club: Potomac Tap House – Cost for meal, taxes & tip – RSVP by 4/17
- 4/26 DC Trip: Spirit of Washington Lunch Cruise - \$85.00 – RSVP by 4/5

MARCH HIGHLIGHTS



FOREVER FIT: Fit & Flexible

As we age our muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decreased 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 body's 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. Identify the joints and surrounding muscles that are in the most need of attention, and use that as a starting point. Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training. Move slowly to the point of mild tension, not to the point of pain. Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury. Don't forget to breathe. Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

APRIL SPECIAL EVENTS

4/8

Total Eclipse of the Sun Event

4/17 & 19

Ball's Bluff Presentation & Tour with Jim

4/22

Washington Senators Presentation

4/23

Volunteer Appreciation Awards Ceremony



EXECUTIVE DIRECTOR CORNER

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 and 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.

