

SAVE THE DATE!!
Camp Waltonwood
August 17th

May Birthdays

- Jerry V - 1st
- Robert T - 9th
- Paul B - 14th

MASSAGE

THERAPY

Call 1-304-614-6158 to make appointments or reach out to messages222@outlook.com

SALON

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

Total Eclipse of Our Hearts!



On April 8th, our VIPs and staff gathered together below a darkening sky in our own courtyard to watch the experience of a lifetime. Thank you, Katie, for providing the appropriate glasses that allowed us to participate in viewing what would be an almost total eclipse!

We turned the afternoon into a bit of a party-with moon cheese and champagne to accompany the view. Playing an “eclipse” soundtrack that included Bonnie Tyler’s famous chorus ending line (referenced in the bold title above), we couldn’t help noticing that funky glasses make everyone look like they could belt out a rock and roll lyric at any minute:



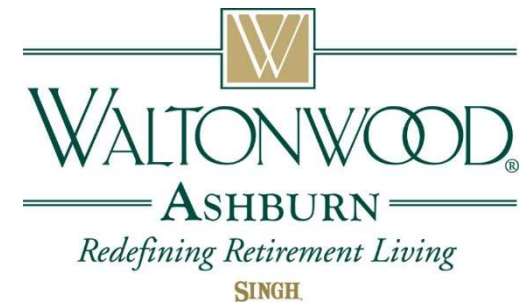
FRIENDS & FAMILY REFERRAL PROGRAM!

\$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

MAY 2024



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



We Go Everywhere

When asked how her day was, one of our residents recently told her daughter “We went everywhere and did everything!”

Our standard at Waltonwood is that four times per month, we venture out together into the wide, wide world. This is often a selling point for families who are choosing a community. Quite frankly, it often surprises people to learn that outings are one of the bedrocks of our programming life.

So, why go through the effort if the memories of these experiences will possibly be forgotten? This month, Mitchell Clionsky, PhD, spoke to Waltonwood staff and community partners about his new book *Dementia Prevention*. He reminded

us that “new” activities actually stretch the brain. Those new experiences create synapses, or connecting points, that form the basis of “your brain’s ability to grow and stay young.”

An additional benefit is that we also have the opportunity to journal and share these new moments of joy and experience with you!

This is why we go “everywhere.”



COMMUNITY MANAGEMENT

Christopher Leinauer
Executive Director

Audrey Wilson
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

Jocelyn Jackson
IL Life Enrichment Manager

Rachel Reed
MC Life Enrichment Manager

ASSOCIATE SPOTLIGHT – PRATIBHA SHANKARA

Congratulations to Pratibha Shankara for being selected Employee of the Month! Pratibha was chosen because of her dedication and wonderful disposition; she always has a smile on her face!

Joining Waltonwood as a server in 2021, it was the first time Pratiba worked at a senior living community. Almost as soon as she started, she decided she wanted to be a Medical Technician. Now employed in that role, she enjoys taking care of people and administering medication.

Pratibha works in our Assisted Living and Memory Care neighborhoods. In between those times when medications are dispensed, she fills her day taking meals to residents, assisting with activities of daily living or spending quality time with the people she cares for at Waltonwood.

Pratibha holds a Bachelor's Degree in Commerce. Shortly after getting married, she and her husband moved from Bangalore, India to Virginia. She has two children. When she is not working, she enjoys spending time with her family. A wonderful cook, Pratibha and her husband own and operate Saffron Indian Cuisine, in Ashburn. Their restaurant has prepared food for several community events. It is always appreciated and always delicious!!



TRANSPORTATION INFORMATION

If you have a suggestion for a great local activity, please let me know by emailing: rachel.reed@singhmail.com. Here's where we're headed this month:

- 5/2: Lunch Bunch Goes to Rubinos, 11:30AM
- 5/9: Udvar Hazy Air & Space Museum: 1:30PM
- 5/23: Intramural Volleyball Tournament, 1-4pm
- 5/30: Meadows Original Frozen Custard, 2PM



At the National Sporting Library, some of us were fascinated by a piece called In Your Dreams, a 2019 contemporary bronze by Dale Wheeler of a Fisherman's basket and catch.

April HIGHLIGHTS

11

Coffee and conversation is perfect at the Dunkin Donuts restaurant right across the street!

12

Starting seeds



16

Many hands made doggie biscuits for our Pup-a-looza event with Loudoun County Animal Rescue

29

Feeding Blueberry blueberries! This special treat was for our favorite wiggle worm during Nat'l Volunteer Month.



May SPECIAL DAYS

4

Kentucky Derby

12

Mother's Day

29

National Senior Health and Fitness Day

30

Fun in The Sun Carnival, 11 am



FOREVER FIT – National Senior Health and Fitness Day

On Wednesday, May 29th, join Waltonwood and over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day.

The annual celebration highlights the impact that staying active and fit has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine.

This year's theme is "Make Fitness Your Friend for Life", because it's never too late to start a more active lifestyle. On May 29th, lace up your walking shoes, gather a few of friends and join us as we celebrate National Senior Health and Fitness Day 2024!

EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

We've added many new residents over the last several months. 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. We plan to continue the push to add new residents through the spring and summer months. Please let us know if you have someone you wish to refer. The friends and family referral program will compensate you \$3,500 if your referral moves into Waltonwood Ashburn. Information regarding the friends and family referral program can be located at the front desk.

