

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

**May Birthdays**

- Judy W - 18<sup>th</sup>
- Lacy H - 23<sup>rd</sup>
- Elsa SJ - 27<sup>th</sup>

**MASSAGE**

**THERAPY**

Call 1-304-614-6158 to make appointments or reach out to [massages222@outlook.com](mailto:massages222@outlook.com)

**SALON**

Call 1-800-543-9140 to make appointments or reach out to [wwashburn@southernluxesalons.com](mailto:wwashburn@southernluxesalons.com)

**Adventure by Waltonwood: Meow-tstanding!**



The personality traits of cat lovers have often been linked a spirit of independence, curiosity, wit, fondness for solitude, love of unique things and ability to find humor in everyday situations. When Amanda Perez learned that our own Elliott Diamond was a true cat lover, she invited he and his family to spend an afternoon with the adorable felines of Meows Corner cat café!

Elliot's day was sponsored by Adventure by Waltonwood. Since 2022, this program has paved a way to elevate resident engagement by supporting an individual's pursuit of an extraordinary experience.



Elliot has always had cats and always loved them. "I even had them when I was a child...but we also had mice."

If you ask him about folklore surrounding the personality of cat lovers, he'll tell you that it's about 98% accurate. It's the cats themselves he's most interested in, however. He feels they are inherently feminine but it's their independence that he admires the most. "Not every cat likes me," he admits, "but for *most* cats, the feeling has been mutual; they haven't told me otherwise."

**\$3,500 RESIDENT REFERRAL BONUS**

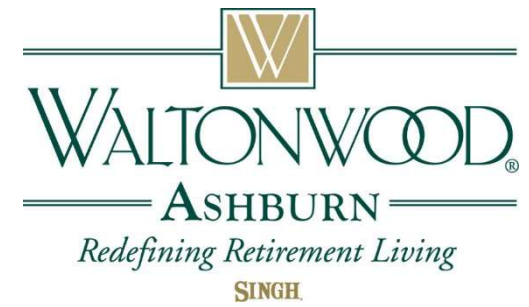
Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!



**FRIENDS & FAMILY REFERRAL PROGRAM!**

**ASHBURN CONNECT - AL**

MAY 2024



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



**Total Eclipse of Our Hearts**

Never in her life had Martha Douthit seen a total eclipse. On April 8<sup>th</sup>, she and her friends gathered below a darkening sky on Waltonwood's Magnolia Terrace to watch the experience of a lifetime.

"It was just a 'wow' moment," described Martha, who while conveying her feelings of awe, kindly showed appreciation for the access that our community provided. "You had everything that we needed: the glasses, the organization, and a place to view the eclipse. Where else could I roll out onto a balcony and watch with all of my friends?"

The camaraderie of viewing the eclipse with her cohort really resonated with Martha: "Teenagers might experience the event in a

different way. This was a one-time opportunity. It brought me joy. I was able to experience it with *my* friends and they felt the same joy and happiness that I did!"

We are happy to present Martha and her friends, all together, as they marveled at the total eclipse!



**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 would like to book a Mon or Wed medical appointment, please see concierge for a **Transportation Request Form**. Prior notice of 2 business days is appreciated. Have a suggestion for a great local activity? Please let us know!

Here's where we're headed this month! Sign up sheets are available at the concierge desk:

- 5/7: Shopping Trip to Michaels, 1:30PM
- 5/14: Scenic Drive: Snickersville, 1:30PM
- 5/21: Lunch Bunch Goes to Altos de Jalisco, 12PM
- 5/28: Loudoun Therapeutic Riding, 1:30PM



Service with a smile: Chef Lalo personally serves up his version of the South American arepa!

### April HIGHLIGHTS

03

Ann continued to add her own paintings to those of three generations of women during an art class with Juliet.

13

Kudos to Lacy, who assisted her new neighbors with a dancing lesson!



19

Performer Ron Howard encouraged us to "shake what our mamas gave us!" Thanks, Kofi, for helping us onto the floor!

23

Studying the American-themed quilt show collection at the Barns at Rose Hill



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 29<sup>th</sup>, 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 29<sup>th</sup>, 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.

