



Camp Waltonwood: Calling All Artists!!



As we continue to prepare for our upcoming annual Camp Waltonwood event, this month we start working on all the artwork and decorations that we need to help bring our, Happily Ever After, a fairytale/fantasy theme, to life. We made a beautiful ship and mermaid last year. This year we are looking to make dragons, knights and our own Waltonwood coat of Arms. If you love to design, draw and/or paint, we need you. Please meet us in the hobby room on Wednesday, 7/3 & 24 at 2pm. If you enjoy knitting and/or crocheting, please join the Bear Ladies on Fridays at 10:30am to make mushrooms for our Fairy Garden. We will provide all of the supplies.

It's not too late to join our Traveling Troubadors who will be singing in all three areas during the event. If you love to sing, please join us on Thursdays at 11am for rehearsal.

RESIDENT BIRTHDAYS

- 7/3 Myra Bloom
- 7/6 Theresa Hart
- 7/9 Nancy Mitchell
- 7/11 Marilyn Farnsworth
- 7/12 Patricia McIntyre
- 7/17 Don Thaler
- 7/20 Susan Stevens
- 7/21 Susan Luster
- 7/23 Margaret Snyder
- 7/26 Dolly Rowe



COMMUNITY COMMUNICATION

- 7/1 Battles of the Press & the Presidents of the US Presentation with Jerry G
- 7/2 Char'd Eats Food Truck
- 7/2 Comedy Hour & Open Mic with Paul Singh
- 7/3 Vocal Piano Concert with Ruth Stenger Japzon
- 7/4 Patriotic Sing Along with Leah
- 7/4 Music Appreciation: Patriotic American Composers
- 7/4 Independence Day Dinner
- 7/8 Ducktona Race
- 7/8 Sing Along with Bix
- 7/10 Vocal Guitar Concert with Eric Selby
- 7/11 Protect Yourself from Fraud & ID Theft Presentation with Trudy M
- 7/12 Pet Photo Day
- 7/13 Notesbeats Music School Concert
- 7/15 Better Brain Health Presentation with Nina Davis
- 7/16 Courtyard Concert with Carlos Ibay
- 7/17 Lunch Out/In: Potbelly (RSVP by 7/10)

- 7/17 Vocal Concert with Audrey Harris
- 7/18 The Warsaw Ghetto Uprising of 1943 Presentation with Jimmy B
- 7/20 McLean Melody Concert
- 7/22 Hydration Strategies for Optimal Health Presentation with Jose
- 7/23 Goregous Grandma Day Massages with Ashleigh (RSVP by 7/16)
- 7/23 Pajama Party
- 7/24 Vocal Concert with Old Dominion Chorus
- 7/25 Music Appreciation: Parisian Singers & Composers
- 7/26 Travelogue: Paris, the City of Light
- 7/27 Tacy Music Foundation Concert
- 7/29 Vocal Guitar Concert with Jocelyn: Movies of the 1950s Part 2
- 7/30 Dementia 101 Presentation with Jocelyn: Alzheimer's Disease
- 7/30 Piano Bar with Bob Clark
- 7/31 Vocal Concert with James Curry



\$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

JULY 2024



SINGH

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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
- Brandy Alexander
AL Life Enrichment Manager
- Jocelyn Jackson
IL Life Enrichment Manager
- Rachel Reed
MC Life Enrichment Manager

UPCOMING EVENT HIGHLIGHTS

The month of July was named after the Roman general, Julius Caesar to celebrate the month he was born. Being that July is one of the warmest months during the summer, it also begins the Dog Days. Please take a moment to enjoy the water lilies and larkspurs. During the month of July we celebrate our Nation's birthday. To kick off the festivities, Char'd food truck will be here. If you love to tell jokes, you don't want to miss Comedy Hour & Open Mic Night. The Ducktona Race is back. Select your duck and see if it crosses the finish line first and win the golden prize. Bring your furbaby to the lobby to have a special photo memento taken of you and your best friend. They will even receive a scrumptious treat. To prepare for the heat, our Forever Fit Coordinator will be sharing hydration strategies to keep us safe. We are honoring our gorgeous grandma's with a special relaxing spa day, gift and a pajama party with hand massages, root beer floats and a movie. The Summer Olympics are upon us. Join us for themed activities that will take us to the City of Light in creative fun ways. There are so many fun summer activities to participate in and out of the community. Life is good at Waltonwood.

ASSOCIATE SPOTLIGHT

Congratulations to Maritza Urbina for being selected Employee of the Month! Maritza was chosen because she goes above and beyond.

Maritza is originally from Nicaragua. After attending college for accounting, she decided to switch careers and work in the culinary arts. Maritza has been in the US for 3 years. She lived in Miami working as a cook but after visiting a cousin in Virginia, Maritza liked the area so much that she decided to stay. She has been in Virginia for 1 ½ years.

Maritza works as a cook at Waltonwood. She decided to work in senior living as she was interested in working with seniors, gaining more diverse opportunities and collaborating with others. Maritza is very dependable, is always on time and makes great food.

In her spare time, Maritza enjoys spending time with her 2 daughters and son. She enjoys making tamales for the family, reading the poetry of Ruben Dario, making her own clothing and going on long walks as she enjoys nature and flowers.



JUNE HIGHLIGHTS



FOREVER FIT: Health in the Heat

While healthy hydration habits are important year-round, they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects of certain medications can greatly increase the risk for serious dehydration in seniors. Making small, subtle changes can greatly improve our ability to adapt and help our bodies better tolerate the summer heat. Having fluids nearby to drink throughout the day, avoiding strenuous outdoor activities during the peak hours of the afternoon and wearing appropriate clothing that allows for good circulation can help cut down on dehydration and keep us feeling comfortable and safe on the hottest summer days.

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 accommodate 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 9am & 12pm: Shopping – see calendar for stores of the day
Sundays 10am: St. Theresa Church Service

- 7/5 9:30am Meadowlark Gardens (RSVP by 7/1) - \$5.00 & cost for purchases
- 7/9 5:30pm Purcellville Cannons vs. Express Baseball Game (RSVP by 7/2) - \$5.00, cost of meal & purchases
- 7/12 11am Lunch Bunch: La Villa Roma (RSVP by 7/5) – Cost for meal, taxes & tip
- 7/19 9:30am National Cathedral (RSVP by 7/12) – Cost for purchases
- 7/24 4:30pm Dinner at Rock n' Claws (RSVP by 7/17) – Cost for meal, taxes & tip
- 7/26 9:30am Shenandoah Civil War Museum & Lunch at Village Square (RSVP by 7/19) - \$15.00 & Cost for meal, taxes & tip

JULY SPECIAL EVENTS

7/2

Comedy Hour with Paul Singh

7/8

Ducktona Race

7/17

Lunch Out/In: Potbelly

7/23

Gorgeous Grandma Day Massages & PJ Party



EXECUTIVE DIRECTOR CORNER

We celebrate Independence Day on the 4th of July. This is a time of fun and festive outdoor activities. Parades, parties, barbecues, fireworks, etc. We have many exciting 4th of July activities planned at Waltonwood Ashburn. As you enjoy Independence Day with family and friends, please be careful of your exposure to the summer heat. July is one of the hottest months of the year. Get out and enjoy the sunshine, however, be mindful that extended exposure to the summer heat can be dangerous. Choose cooler times of the day to be outside; like mornings and evenings. Remember to stay hydrated and seek out shaded areas if necessary. Enjoy the summer months. Happy 4th of July and remember, please stay safe in the summer heat.

