

SAVE THE DATE!!
Camp Waltonwood
August 17th



- Happy Birthday Ellen on the 8th
- Happy Birthday Erma on the 11th

SALON

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

Banana Bread Baking Buddies



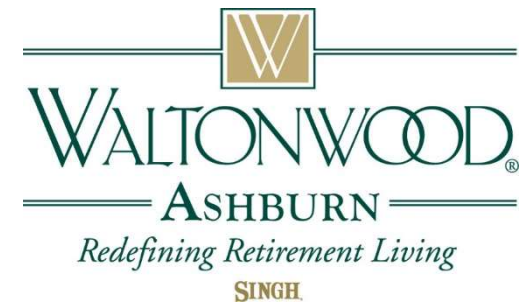
Question: How many chefs does it take to bake a loaf of banana bread?

Answer: One to scoop, one to hold, eight to squish, three to watch, two to pour, four to stir, two to spread, one to (occasionally) taste, two to crack, three to powder, one to lead, five to support, one to clean, two to cook and all to enjoy!



ASHBURN CONNECT - MC

JULY 2024



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



Northern Virginia Ice Cream Wars!

Did you know that a real, honest to goodness “battle to the cones” is held each year in Northern Virginia?

The 2024 ice cream wars included one of our favorite go-to treat shops, Meadows Original Frozen Custard.

Located in Once Loudoun, Meadows is perched on the edge of the main market square. As we sit, slurping, singing and making faces (as we did during this visit) we also can enjoy watching the children who come to play in the market square and track the low-flying planes from above.

I’m not sure what it is about ice cream that makes us feel giddy. The color of a cherry on white cream is and old-fashioned combination and one that families might have used for special occasions.

The cool textures on our tongues feel especially welcome on hot summer days. And maybe our best memories of summer vacations or childhood are so often connected with the experience of eating ice cream.

Meadows Original Frozen Custard, unfortunately, did not make it past the first round of this year’s war. When we told our residents that the shop was *in* this year’s competition, they wanted to know how many other ice cream parlors were competing.

“Over 30,” we said, “but Meadows is clearly the best.”

“I don’t know,” one resident quickly replied, “we’ll have to taste them all!”

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

Brandy Alexander
AL Life Enrichment Manager

Rachel Reed
MC Life Enrichment Manager



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!

ASSOCIATE SPOTLIGHT – MARITZA

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

After attending college for accounting, she decided to switch careers and work in the culinary arts. Originally from Nicaragua, Maritza relocated to the United States three years ago. While working as a cook in Miami, she visited a cousin in Virginia. The visit was wonderful and she liked the area so much that she decided to pack her bags and move north!

Like so many of us, Maritza reveres older adults. Working as a cook at Waltonwood has opened the doors for service in the senior living arena. She loves that this job allows her to diversify her resume and collaborate with others. Maritza is very dependable, is always on time, and makes great food!!

In her spare time, Maritza enjoys spending time with her two 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. She thoroughly enjoys nature and loves flowers.



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:

- 7/9: Purcellville Cannons, 5:30PM
- 7/11: Olive Garden, 11:30AM
- 7/16: Thrift Store Trip: Good Shepherd of Northern Va, 1:30PM
- 7/25: Dunkin' Donuts, 2:00PM



Modeling the bracelets we designed and strung by hand.

June HIGHLIGHTS

8

Praising a young performer from McLean Melody!

11

Enjoying Alan MacEwan perform "When The Saints Go Marching In."



14

Button sorting is a family affair.

19

Churro Action Station with Chef Lalo!



3

Fourth of July Concert with DJ Todd

5

Camp Waltonwood Prep: Tissue Paper Stained Glass Windows



19

Magical Genie Group Art with Juliet

23

Gorgeous Grandma Unhinged Tea Party



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 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. By 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, you can help cut down on dehydration and continue feeling comfortable and safe on the hottest summer days.

EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

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.

