

SAVE THE DATE!!
Camp Waltonwood
August 17th

July Birthdays

- Joan J --10th
- Robin B – 20th
- Jim T – 21st

MASSAGE

THERAPY

Call 1-304-614-6158 to make appointments or reach out to massages222@outlook.com

SALON

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

Art, Fabulous Fun For All!



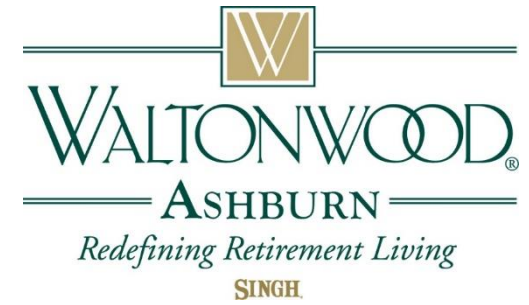
This month, Waltonwood Residents got in touch with their inner Van Gogh. "If you hear a voice within you say, 'you cannot paint', then by all means paint, and that voice will be silenced"-Vincent Van Gogh

Art class with Juliet is loved by all. Residents of all abilities can come together and create beautiful works of art, tap into their creativity, and have fabulous fun!



ASHBURN CONNECT - AL

JULY 2024



44145 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854
Facebook: /WaltonwoodAshburn



Enriching Lives

In celebration of National Eat Your Vegetables Day Waltonwood Chef Lalo whipped up a tasty cooking demonstration. Using herbs grown in the residents' on-site garden he prepared vegetable kabobs, tomato capris skewers, and cucumber sandwiches.

Vegetables can be categorized into eight main types based on their edible parts, and each botanical family within these types can include different varieties. Varieties can affect the color and flavor of a vegetable.

Here at Waltonwood we believe life is better when you're surrounded by colorful veggies and friends!

The exact number of vegetable types in the world is hard to determine, experts believe there are over 20,000 species. However, only about 20 of these species account for 90% of the vegetables people eat.



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

\$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 – MARITZA URBINA

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.

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 needed. 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:

- 7/2: Scenic Drive w/Refreshments 1:30PM
- 7/9: Cannons Baseball Game: 5:30PM
- 7/18: National Sporting Library: 1:00PM
- 7/23: Shopping Trip Walmart: 11:00AM
- 7/29: Lunch Bunch 11:00AM



Residents enjoyed some pup love from Comfort Dog Amos. "Dogs leave paw prints on our hearts!" Thank you, Amos for brightening our resident's day!

June HIGHLIGHTS

5

Barbershop Quartet Concert with Dominion 4, four times the fun!

7

Happy National Dunkin Donuts Day! Hassan and his Asburn team made tasty treats for our residents to enjoy!



15

Residents enjoyed a lovely concert by Tacy Music Foundation.

25

A little sneak peek at the art our residents are making for upcoming Waltonwood kid's camp!



July SPECIAL DAYS

- | | |
|---|----------------------------------|
| 7/2 Char'd Food Truck | 7/12 Concert w/ Bertram McLeish |
| 7/4 Patriotic Sing Along | 7/13 Notesbeats Concert |
| 7/5 Crafting: Making Decorations for Camp Waltonwood | 7/17 Catholic Confessions |
| 7/5 Concert w/ Lee Jones | 7/19 Concert w/ Yvonne Johnson |
| 7/6 Concert w/ Mathew Mathers | 7/20 Concert w/ McLean Melody |
| 7/8 Sing Along with Bix | 7/23 Gorgeous Grandma Day |
| 7/10 Crafting: Making Decorations for Camp Waltonwood | 7/26 Concert w/ Guitar Lee Jones |
| 7/11 Resident Council Meeting | 7/27 Tacy Foundation Concert |
| 7/11 Town Hall Meeting | |



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. 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 keep us 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, barbeques, 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.

