

National Assisted Living Week!



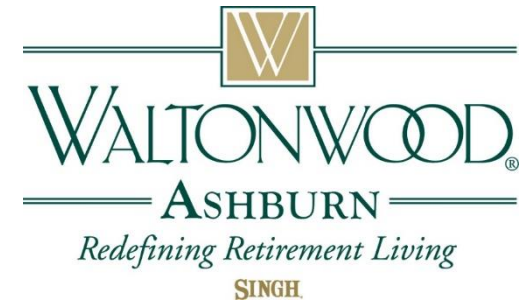
We recently celebrated National Assisted Living Week. A fun filled week showing our appreciation for those who are a part of making senior living incredible. A world map celebrating our diverse staff, a visit to the local fire house to deliver thank you treats, residents made special gifts to give to staff, collaborative art projects, staff appreciate bash, 80's decades day, and we closed out the week with a luau pig roast! Take a look at some of the fabulous fun we had!

Waltonwood staff, volunteers, and first responders we see how much you care and we thank you for all you do!



ASHBURN CONNECT - AL

OCTOBER 2024



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



Active Aging Week!

Active aging week was established in 2003, it's a campaign designed to highlight and celebrate how aging can be done in an active and positive way. There are 8 categories which residents are encouraged to participate in areas of physical wellness, intellectual wellness, emotional wellness, spiritual wellness, social wellness, vocational wellness, holistic wellness making for well round fabulous active way to age. We will be celebrating the week with health talks, brain games, outdoor fun, new yoga class, wine and cheese pairing demonstration, and closing out the week with a community wide fitness class and awards ceremony. Follow us online to see more of the fabulous active aging week fun we have in store.



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

October Birthdays

- Kashi C. - 10st
- Mary J. - 13rd
- Joan T.- 19th
- Charlotte.- 22nd
- George J. - 24th

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@southernluxesalons.com

\$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 – Congratulations to Ashley Holt for being selected Employee of the Month! Ashley was chosen because she goes above and beyond. Ashley began her career working at a middle school for ten years as a secretary. From there she worked as an office manager for a small business owner. Ashley found herself being a caregiver for some family members and during the process discovered her passion working in healthcare, especially with senior citizens. Ashley loves helping others and provides great customer service. She loves her job and finds it personally and professionally rewarding helping families make the important transition into senior living.



Ashley loves helping others and provides great customer service. She loves her job and finds it personally and professionally rewarding helping families make the important transition into senior living. Ashley has lived in the Northern Virginia area since she was five. She really likes the area and thinks it's a great place for working and raising children. Her children, twins, are now grown up. Her son still lives in the area and her daughter visits frequently. In her spare time, Ashley enjoys going to any beach with her family, eating at new restaurants (she especially likes Italian) and reading non-fiction, biographies and spiritual books. Her idea of a perfect day is sitting outside reading a good book and drinking a delicious cup of coffee.

September HIGHLIGHTS



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:

- 10/8: Scenic Drive w/Treats (Free) 1:30pm
- 10/15: Shopping: Harris Teeter 1:30pm
- 10/22: Dunkin Donuts 1:30pm
- 10/29: Great Country Farms: 1:30pm



Inspiring GENERATIONS
 National Assisted Living Week is an opportunity to celebrate and recognize staff, volunteers, and individuals that have a hand in making senior living incredible.

To our Waltonwood team, we see how much you care, and we thank you for all you do!

National Assisted Living Week 2024

Upcoming SPECIAL DAYS

- 10/1 Active Aging Week* Health Talk w/ Dana
- 10/1 Active Aging Week* Dance Party w/ Yoyo
- 10/3 County Fair
- 10/3 Resident Council & Town Hall
- 10/3 Wine and Cheese Tasting
- 10/4 Active Aging Award Ceremony
- 10/4 Concert: Old Dominion Chorus
- 10/8 Outing: Scenic Drive
- 10/11 Concert: Brad Emmett
- 10/17 Ladies Tea: Breast Cancer Awareness
- 10/18 Concert: Ron Howard
- 10/22 Outing: Dunkin Donuts
- 10/25 Flu Shot Clinic
- 10/25 Concert: Ken Wenzel
- 10/26 Tacy Foundation Concert
- 10/29 Halloween Trick or Treating
- 10/29 Outing: Great County Farms



FOREVER FIT – Active Aging Week!

As we once again transition from September to October, it also means it's time for Active Aging Week. In its 21st year, the week-long event highlights the need for and importance of actively aging as we celebrate older adults' contributions and promote healthy lifestyles through engaging wellness programs. Each Waltonwood community will display what Active Aging means to them, and if there's anything we know active aging can look very different to different people. Starting Monday September 30th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

Fall is finally here! As the weather changes, we begin to experience more instances of cold and flu. We will be hosting our annual flu clinic on October 25th to protect us from this seasonal risk. As the weather continues to get colder, please dress appropriately when outside. Refrain from participating in life enrichment activities and dining venues when feeling sick. The days will become shorter as we move toward the holiday season. With this in mind, please be safe when navigating outdoor spaces and parking lots in the dark.

