

Alzheimer's Fundraising



Happy Birthday
to Jim on October
21st

and

Geraldine on
October 29th!

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@southernlux
salons.com



The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

Waltonwood's fundraising goal was \$2024.00 and we are proud to announce that our goal was reached and surpassed. Thank you to everyone who donated and thank you to our residents who worked to design handmade bracelets that we sold at the event. Fourteen of our bracelets were purchased! Plus, you may be proud to learn that the ladies who volunteered at our sale booth *refused* all price negotiations!!



\$3,500 RESIDENT REFERRAL BONUS

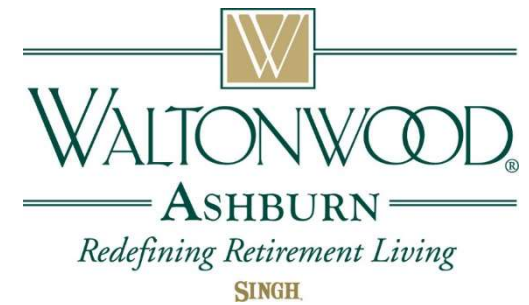
Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!



FRIENDS & FAMILY REFERRAL PROGRAM!

ASHBURN CONNECT - MC

OCTOBER 2024



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



The Adventure that Roared

Growing up in Mammoth National Park with a park ranger father, our resident Kay Shlaes has seen her fair share of bears.

Through Waltonwood's Adventure program, the essence of Kay's childhood story was recreated with help of commissioned acrylic artist, Juliet Gilden.

Kay, an avid art collector, acted in a directing capacity for this Adventure. Through her expressive storytelling and the artist's intuitive inquiry, we heard the story of a young black bear who raided a family's newly-purchased refrigerator when Kay was just a teenager. This bear and its siblings were well-known to Kay's

family. The insult, however, could not be ignored and she chased the furry home-invader up a tree!

Kay not only has a connection to bears, she seem to have power over them! What an joy it was help Kay honor and share her story in such a special way.



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

ASSOCIATE SPOTLIGHT – ASHLEY HOLT

Congratulations to Ashley Holt for being selected Employee of the Month! Ashley was chosen because she hold the fort (and then some) when her team needs support.

Ashley began her career working at a middle school as a secretary. Later, she managed the office of a small business owner. When her family members needed care assistance, Ashley found that she naturally segued into that type of support role as well. She’s passionate about the healthcare sector and loves working with the older adults she meets. In fact, helping others is a great source of pride for Ashley and something she does with such joyful ease! Perhaps that is because she truly loves her job! Helping families make such important decisions as they transition into senior living is both personally and professionally rewarding.

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 though her own children, twins, are now grown.

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

8

We kicked off Assisted Living week by giving pocket hugs (and real hugs) to our favorite caregivers!

10

We dropped off goodies and shook hands with the volunteers at Ashburn’s fire station!



14

Rukiah contributes to our group art poster to round out Assisted Living Week

25

Pride can simply not be contained when this beautiful duo gets together!



FOREVER FIT – Active Aging Week

As we once again transition from September to October, we look forward to recognizing Active Aging Week. In its 21st year, this week-long event highlights the need and importance of actively aging. It celebrates the contributions of older adults promotes the practice of healthy lifestyles through engaging wellness programs.

Each Waltonwood community will display what Active Aging means to them. It’s wonderful to honor and recognize how different the concept can manifest from person to person but also between communities.

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.

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:

- 10/4: Loudounberry Farm, 11AM
- 10/11: Sycolin Deli, 11:30AM
- 10/24: Lunch Bunch Goes to Rubinos, 11:30AM



The “Our Roots” exhibit at Cascades Library commemorated Hispanic Heriatage Month, including the far left example of Cuban-American art.

October SPECIAL DAYS

2

County Fair

16

Oktoberfest

19

Performance By Dominion
4 Barbershop Quartet,
10:30 AM

29

Community Trick-or-Treating



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.

