



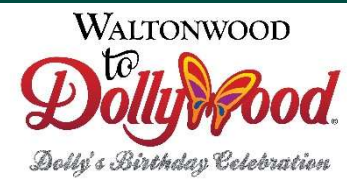
Happy Birthday
Gloria on the 22nd!

and

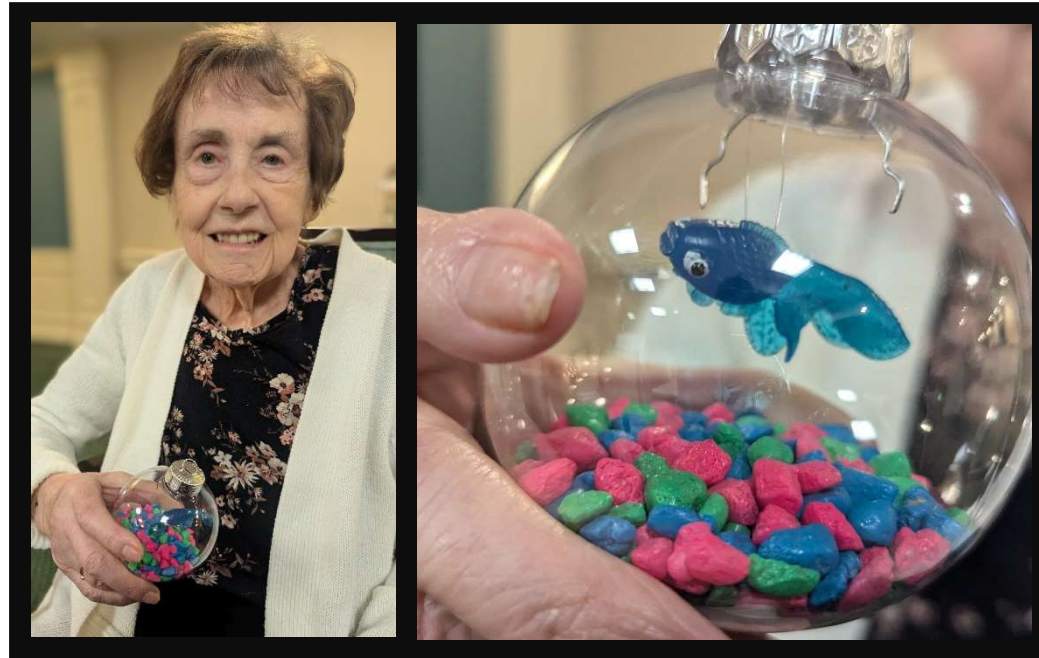
JoAnne on the
28th!

SALON

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



One Fish, Two Fish



Making fish-bowl ornaments this year turned into an afternoon of good, silly fun. We made fishy faces, named our fishes, threatened to eat them for dinner, and spilled colorful rocks all over the floor and all over each other!

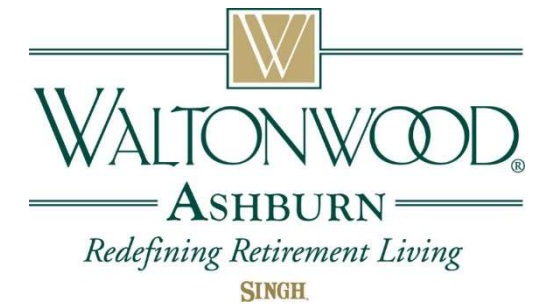
The ornaments themselves were fairly heavy, and while they might not hang buyoutly on a tree, we found that if you give them a good twist, the weight of the rocks made them spin nicely. In fact, it really looked like the the fish was swimming around in the bowl!

The benefit of *this* goldfish pet? You don't need to feed it, of course!



ASHBURN CONNECT - MC

JANUARY 2025



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



Happy New Year!!

There is an arc of perception that new residents to our neighborhood experience. More than once, when an individual arrives to our community and begins participating in daily programming, we've heard the exclamation, "This is childish," or "This is what children do."

Over time, those very same residents, participating in the same type of activity, joyfully exclaim, "This is fun," or "This is like my second childhood." Their role has transformed from an outside observer, to one who is integrated and participating.

This change of perception happens with our family members, too. At our recent family night, one resident's daughter-in-law shared that she perceived the light

differently when she first visited our neighborhood. This past year, a resident's son shared how his initial environmental shock transformed into an understanding that "a nice little supportive community exists here."

It is a new year. May all of our new experiences lead to deeper understanding and connections.



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 – YAMILETH SOLORZANO

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

Yamileth has been at Waltonwood for almost a year. She works in the culinary department as a server in our Independent Living neighborhood. She can frequently be found in the bistro taking and making resident and staff orders.

Yamileth is thankful for the opportunity to work at Waltonwood. She enjoys chatting with the residents and getting to know them. She feels it is a beautiful day when someone smiles and shares with their neighbor. No matter what is happening in her life, Yamileth sees every day as a new opportunity to make a difference in someone's life. Working at Waltonwood gives her peace and allows her to open her heart and give to others.

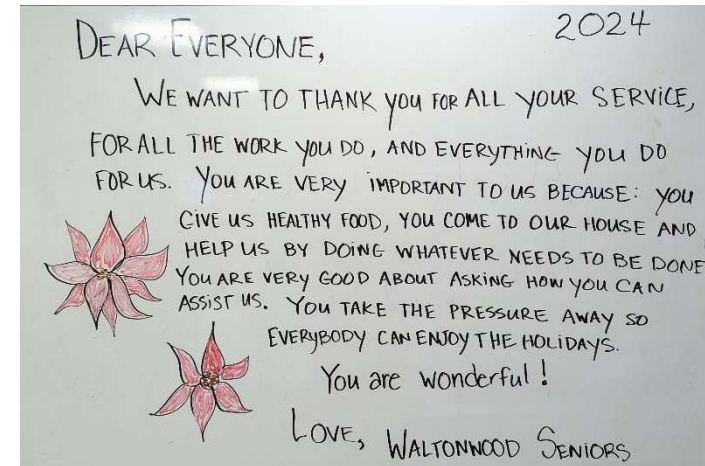
Yamileth loves spending time with her husband, two children and two dogs. In her spare time Yamileth enjoys salsa dancing, watching movies, cooking rice and beans, reading the Bible as well as journalistic pieces by Gabriel Garcia Marquez.



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:

- 1/2: Bull Run Festival of Lights 4:00PM
- 1/9: Clay Café Studios, 1:30PM
- 1/23: Lunch Bunch goes to Chou's Café, 11:30AM
- 1/30: Dunkin Donuts, 2:00PM



This thoughtful letter was composed by our residents as a gift to the dedicated staff who worked during the holiday.

December HIGHLIGHTS

12

Choosing three, new Glo-Tetras for our aquarium!

14

Thank you to our family friend Alisa and the Northern Virginia Church of Christ Carolers for your joyful tunes!



17

Our builders imagined life inside walls made of gingerbread: "when you get hungry, just walk out and lick the snow!"

25

We presented gifts to our favorite caregivers on Christmas Day!



January SPECIAL DAYS

13

Katy Morse Sings Some Dolly!

15

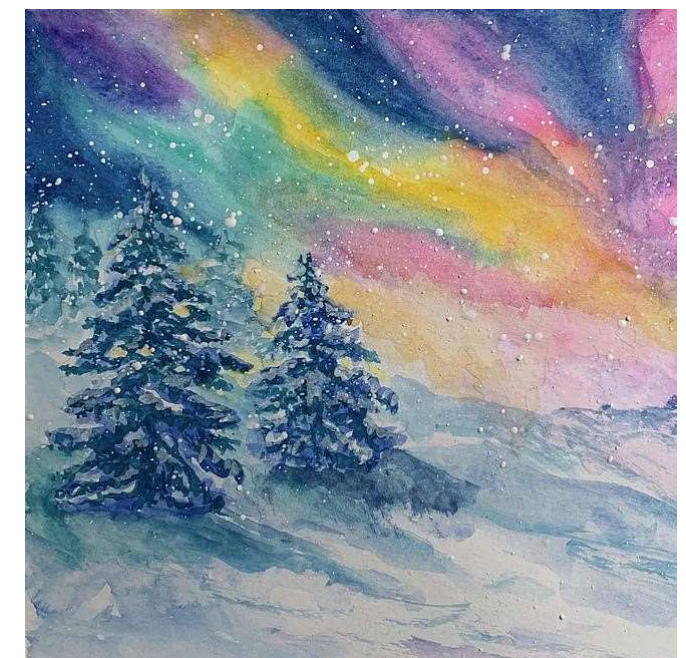
Log Cabin Painting and Great Smokey Mountain Diorama

17

Smokey Mountain Dinner Feast

20

Martin Luther King Day



FOREVER FIT – An Open Invitation

As another hectic holiday season slowly fades, we once again find ourselves transitioning back into familiar routines. Sometimes, that's a much-welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. This January, I'd like to extend an open invitation: an opportunity to kick start your daily routine by improving the way you move, think, and feel. Consider this your personal invitation to join our Forever Fit exercise program here at Waltonwood.

Open to all residents, our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe, enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year, give exercise a try. It just might be one of the best things you can do to keep happy and healthy in the new year.

EXECUTIVE DIRECTOR CORNER – CHRIS LEINAUER

The end of the year is a time filled with amazing memories of the adventures you have had for the past few months. We think about where we came from and about where we are going, pursuing the future with joy and hope.

May this wonderful New Year be all that you have hoped for and may it be sprinkled with friendship and love.

Happy holidays!

