



## Waltonwood Ashburn Rocks!

Congratulations to the residents and staff of Waltonwood Ashburn! We had many successes in January. Our Fantasy Football winners were Josie Christensen and Maintenance Manager, Dwayne Johnson. Congratulations are also in store for all of the residents and staff participating the week-long Dolly Parton themed activities during Waltonwood to Dollywood. Everyone participated in special flower arranging, documentaries, biographies, arts & crafts, movies, the Walk of Fame, concerts, happy hour, dinner and even made decorations for the event. Because of this, we won many corporate awards. Thank you again to everyone for making Dollywood week a huge success! Take a look at all our photos up on the Intouch Link TVs around the community.

### RESIDENT BIRTHDAYS

- 2/1: Carole Larkin
- 2/9: Wendy Augustine
- 2/10: Joe Ratel
- 2/12: Michael Hart
- 2/12: Julia Vaughan
- 2/16: Toni Kratz
- 2/21: Peter Parker
- 2/26: Carlos Tomassoni
- 2/28: Bob Schwartz



### COMMUNITY COMMUNICATION

- 2/3 Loudoun County Animal Services: With Henry Emch Wildlife of VA
- 2/4 Rock Ridge Debate Team: Senior Issues
- 2/5 Lunch & Learn with Dana: Age Related Macular Degeneration
- 2/5 Vocal Piano Concert with Yvonne
- 2/6 Heart Health Presentation w/ Jose
- 2/8 Bella Ballerina Dance Show
- 2/10 Marine Biology Presentation with Andrew Wilson: Under the Sea
- 2/11 Harlem Renaissance & Apollo Theater Presentation with Gabby
- 2/11 Piano Bar with Tom Saputo
- 2/12 Henri Toulouse Lautrac Art Presentation with Kimberly Stein
- 2/12 Piano Concert with Darryl Nichols
- 2/13 Scott Joplin – Ragtime Composer & Musical Genius Presentation With Jimmy B
- 2/14 Valentine's Day Party & Concert
- 2/15 Tacy Music Foundation Concert

- 2/17 DC Memorials & Monuments Presentation
- 2/18 Discerning Sommelier Wine Tasting (RSVP by 2/11)
- 2/19 First Ladies of America Presentation with Maga K
- 2/19 Kindness Council/Ambassador Luncheon
- 2/19 Vocal Piano Concert with Kendra
- 2/20 Philosophical Discussion: Mortality
- 2/21 Lunar New Year Lion Dancers & Party
- 2/24 Famous African Americans Presentation
- 2/25 John Williams Music Presentation
- 2/26 Ruth Bader Ginsberg Presentation with Juliet Gildea
- 2/26 Vocal Instrumental Concert with Herb Smith
- 2/18-19 & 2/25-26: Man on the Inside Netflix Series. 2/28 Discussion Group



### \$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

FEBRUARY 2025



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Facebook: WaltonwoodAshburn



### COMMUNITY MANAGEMENT

- Christopher Leinauer  
Executive Director
- Audrey Wilson  
Business Office Manager
- Eduardo Villasmil  
Culinary Services Manager
- Dwayne Johnson  
Environmental Services Manager
- Tracy Philemon  
Independent Living Manager
- Chelsea Gray  
Marketing Manager
- Victor Ast  
Marketing Manager
- Sharon Prior  
Resident Care Manager
- Kesha Sampson  
AL Wellness Coordinator
- Sheryl Warren-Graham  
MC Wellness Coordinator
- Brandy Alexander  
AL Life Enrichment Manager
- Jocelyn Jackson  
IL Life Enrichment Manager
- Rachel Reed  
MC Life Enrichment Manager

### UPCOMING EVENT HIGHLIGHTS

Do you say Feb-roo-ary or Feb-you-ary? Either way, it is considered correct. The name comes from the term "februum" which means purification. February is also known as the month of the pearl when snow melts on tree branches, forms droplets and then freezes again looking like pearls of ice. February is the only month of the year that can pass without a single moon; but when the moon is in the seventh house, Aquarius and Pisces come out to play in rivers of ice. Violets are the flower of the month and amethyst lovers offer humility, spiritual wisdom and sincerity. There are many holidays to celebrate in February. We start with wondering if Punxsutawney Phil will see his shadow with the hope of an early spring. Super Bowl is coming up. Will your favorite team win the ultimate trophy? We have a quintet coming to get us in the mood for love and Valentine's Day. It's the Year of the Snake for the Lunar New Year. During the month we have the Presidential Challenge & awards ceremony. In honor of Presidents' Day we learn about the presidents and the 1<sup>st</sup> ladies. Celebrate Black History Month with us as we delve into this history and lives of very influential African Americans. Life is good at Waltonwood.

## ASSOCIATE SPOTLIGHT

Congratulations to Fiifi Mensah for being selected Employee of the Month! Fiifi was chosen because he goes above and beyond.

Fiifi has worked at Waltonwood since August 2024 in assisted living and memory care. Although he is new to our community, Fiifi has worked in healthcare for 10 years, 2 years working with seniors.

Fiifi has a great relationship and interaction with the residents. He treats the residents the way he would want his mom and dad to be treated. Besides offering a warm towel after a shower to make someone feel good, Fiifi even helped clean out the assisted living storage.

After receiving a Masters in Natural Resources and Environmental Governance from Kwame Nkrumah University of Science and Technology, Fiifi moved to the US. He's been in Virginia for 3 ½ years.

In his spare time, Fiifi enjoys listening to gospel music, his favorite band is Hillsong; reading the bible and educational literature; playing video games, especially FIFA soccer; and going on nature walks.



## TRANSPORTATION INFORMATION

### MEDICAL APPOINTMENTS

Medical transportation is available on Mondays & Wednesdays from 8:30-4:00. Appointments must be made using the "Transportation Request Form" located at the front desk and requested no less than 2 business days (Mon-Fri) in advance by 4pm. We do not process requests over the weekend.

### TRIPS

Please sign up at the front desk if you are interested in participating in any of the below trips as seats are limited. Sometimes we are not able to accommodate residents at the last minute as there is a cost for some trips and they need to be planned in advance.

**PLEASE NOTE THAT WE ARE ALTERNATING SHOPPING PLAZAS & TIMES.**

Saturdays 2pm, Sundays at 9am & 12pm: Shopping – see calendar for stores of the day  
Sundays 10am St. David's & St. Theresa Church Services

2/7 11am Lunch Bunch: C & E Southern Bites – Cost for meal, taxes & tip – RSVP by 2/1  
2/14 10am High Hill Market Place & Mom's Apple Pie – Cost for purchases – RSVP by 2/7  
2/21 11am Lunch Bunch: Peter Chang – Cost for meal, taxes & tip – RSVP by 2/14  
2/28 12:15pm Escape Room Herndon: Maritime Mutiny - \$30 – RSVP by 2/21

## FEBRUARY SPECIAL EVENTS

2/4

Rock Ridge Debate  
Team: Senior Issues

2/14

Valentine's Day Party &  
Concert

2/21

Year of the Snake  
Lunar New Year Party &  
Lion Dancers

2/24

Famous African  
Americans



## JANUARY HIGHLIGHTS



## FOREVER FIT: National Wear Red Day

This month join Waltonwood and the American Heart Association as we celebrate National Wear Red Day on Friday, February 7<sup>th</sup>. Still the #1 killer of women in the US, cardiovascular disease is often an overlooked and underdiagnosed condition for tens of thousands of women. As part of American Heart Month, the special day emphasizes the need for early detection, proper diagnosis and adequate treatment in the fight against cardiovascular disease. Spreading the word on such an important cause can help ensure that generations of grandmothers, mothers, wives, sisters, aunts and friends will live long healthy lives free from the effects of cardiovascular disease.

## EXECUTIVE DIRECTOR CORNER

Thank you for completing the resident satisfaction survey this month. Your survey responses are critical to the success of our community. I look forward to celebrating with the team, the success we realize from your feedback. I also look forward to implementing the action planning process in areas identified for improvement. Thank you again for your participation.

