



Waltonwood Ashburn Rocks!

Congratulations to the residents and staff participating in the week-long Dolly Parton themed activities during Waltonwood to Dollywood. Everyone participated in yellow rose flower arranging, a “pink” nail spa, games, sing along, log cabin arts & crafts, stories and songs, fashion shoot, cornbread baking, concerts, movies and fabulous Smoky Mountain dinner feast. 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

2/11: Josephine L
2/21: Barbara L



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!

ASHBURN CONNECT - MC

FEBRUARY 2025



SINGH

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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

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 including Valentine’s Day, Lunar New Year and President’s Day. Throughout the next couple of months, we are rolling out new daily practices and programming. These new principles of relationship-centered living will continue to ensure that our residents experience the highest quality of care in a dignified, joy-filled environment. Our At a Glance profiles will help us continue to encourage all employees to have personal conversations, understand what is important to each resident, support daily habits and routines and build connections, trust and comfort. We look forward to initiating these exciting new additions. 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. A family member or personal care assistant must accompany your loved one to and from medical appointments.

TRIPS

- 2/6 Winter Scenic Drive 1:30pm
- 2/13 Dunkin Donuts 1:30pm
- 2/20 Winter Scenic Drive 1:30pm
- 2/27 Lunch at Chau's 11:30am

FEBRUARY SPECIAL EVENTS

2/5

Sing Along with Nettie

2/12

Lunar New Year Celebration

2/17

Celebrating Black History Month

2/26

Pet Visit with Toby



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 7th. 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.

