



RESIDENT BIRTHDAYS

4/29
Monica Frustace



SALON

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

Welcome to Our New Life Enrichment Manager

Hello everyone! My name is Desiree Gilbert and I am the new Life Enrichment Manager for our Memory Care Neighborhood. I graduated with a Bachelors of Science, majoring in Recreational Therapy. I currently hold my certification for therapeutic recreation via the National Council for Therapeutic Recreation Certification. I have a passion for working with the memory care population and ensuring they live a meaningful and purposeful lifestyle. My hobbies include being outdoors, skincare, and spending time with my family and friends. I look forward to meeting and working with all of you!

COMMUNITY COMMUNICATION

- 4/1 April Fools Silly Songs Concert
- 4/3 Art Class with Heather
- 4/4 Neurosound Music Therapy
- 4/4 It's Raining Cats & Dogs Craft
- 4/7 Mo Better Concert
- 4/8 Pet Visit with Ayylson & Blueberry
- 4/8 Nationa Pet Palooza Paw-ty & Photos
- 4/12 Vocal Concert with Ron Howard
- 4/14 Mo Better Concert
- 4/15 Catholic Rosary with St. Theresa
- 4/16 Baking Club: Spring Sugar Cookies
- 4/17 Sip & Paint
- 4/18 Neurosound Music Therapy
- 4/18 Comedic Canines & Funny Cats
- 4/19 Easter Egg Hunt
- 4/21 Mo Better Concert
- 4/25 Garden Club: In the Garden
- 4/25 Dog Breeds A-Z
- 4/26 Watercolor Painting
- 4/29 Spring Trivia
- 4/30 Pet Visit with Don & Toby



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

ASHBURN CONNECT - MC

APRIL 2025



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www.waltonwood.com | 571 918-4854
Facebook: WaltonwoodAshburn



UPCOMING EVENT HIGHLIGHTS

Spring, also known as the vernal equinox where both days and nights are 12 hours long, is a time of rebirth, rejuvenation, renewal and regrowth. It is a perfect time to participate in our many activities. We are very excited to introduce our new Life Enrichment Manager, Desiree Gilbert. She is looking forward to meeting everyone and adding exciting new programming to the calendar. It's raining cats and dogs so be sure to join us for Pet Photo Day. We're even making treats for our furry friends. Please bring your donations to help us support Loudoun County area pets in need of love and goodies. The Easter Bunny is back and he's hidden eggs for all the kids. This month we also celebrate Passover, Earth Day and Arbor Day with many themed activities. We thank all of our many volunteers always, but especially during Volunteer Appreciation Week. Our program wouldn't be complete without you. Now that the weather is nice and we have more daylight hours don't forget to take in the warm sunlight and catch a breath of fresh air too. You may even catch a rainbow after a rainshower. This Spring our Garden club will also be beautifying our courtyard with colorful flowers. Life is good at Waltonwood.

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
- Desiree Gilbert
MC Life Enrichment Manager

ASSOCIATE SPOTLIGHT

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

Jin has worked as a caregiver at Waltonwood for almost 2 years. She works in assisted living and memory care. Jin originally wanted to be a pharmacist or a kindergarten teacher but always thought that she should do something that allowed her to show physical and mental love instead. It was then that she decided to be a caregiver. Jin makes the residents feel safe. She truly loves the residents and what she does. To calm residents, Jin offers hand and foot massages. Jin can even be found playing the piano for the residents whenever she is working. She feels classical music heals the heart and soul. Jin also plays the flute and ocarina.

Jin received a Masters in English Literature from Suncheon National University in Korea. Her favorite author is Robert Frost. She especially loves his poem “The Road Not Taken” because it makes her think about choices people make in life. Jin came to the US in 1995 to attend University of California Riverside. After working as an English and special education teacher in various countries, she moved to Virginia in 2014.

Jin was a Boy Scout leader for over 20 years. In her spare time, Jin enjoys travelling and hiking twice a week in Bull Run and Lawrence Park. She feels hiking gives her strength and healing. Jin loves making, drinking and sharing her own tea. She also enjoys spending time with her 2 sons and playing golf with her husband.



MARCH HIGHLIGHTS



FOREVER FIT: The Perfect Pair

A strong body starts from the ground up and choosing the right shoes is a key part of keeping our feet healthy. Correctly fitting shoes can help to reduce foot, knee, hip and back pain and promote healthy circulation. Shoes with low-padded heel drops, proper arch support and wide bases with good traction can also drastically help to reduce the risk of falls. As we age it’s not uncommon for our feet to also get wider and flatter. Nearly 1/3 of seniors will suffer from chronic foot pain much of which is caused by ill-fitted footwear. Having your feet accurately measured by professionals who specialize in shoes for seniors can help to ensure well fitted shoes. Your feet will feel the difference.

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

- 4/1 1:30 Scenic Drive
- 4/10 1:30 Scenic Drive
- 4/17 1:30 Dunkin Donuts
- 4/24 1:30 Smoothie King

APRIL SPECIAL EVENTS

4/1

Silly Songs Concert with JJ

4/8

Pet Palooza Paw-ty

4/16

Baking Club: Spring Cookies

4/25

Garden Club: Flower Arranging & Planting Season



EXECUTIVE DIRECTOR CORNER

Spring is upon us. The weather is warmer and the days are getting longer. In April, we begin to revive our outdoor areas. The fountains will be turned on, the exterior and courtyard areas will be landscaped and the trees, shrubs and plants will begin to blossom. This spring, make an effort to get outside to enjoy our beautiful property. We have many new residents joining us as well. Please reach out and introduce yourself to our new neighbors and friends. Help acclimate them to community life and welcome them to the Waltonwood family.

