



Waltonwood JUNE Memories'

A special thank you to the Waltonwood Associate Dads who spent their Father's Day in service to our residents.



JULY BIRTHDAYS!

- Sam M. 7/7
- Joan J. 7/10
- Marilyn F. 7/11
- Anjali K. 7/14
- Robin B. 7/20

A special thank you to Jean for sharing her talents! Teaching us how to paint one of her masterpieces. Ashburn's first ever resident led art class..



Massage Therapy

Call 1-301-614-6158

to make appointments or
reach out to
massages222@outlook.com

SALON

Call 1-301-543-9140

to make appointments or
reach out to
wwashburn@southernluxesalons.com



FAMILY & FRIENDS REFERRAL PROGRAM!

\$3,500 RESIDENTIAL 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 - AL

July 2025



July

July brings new enrichment programming here at Waltonwood! We kick off summer with our annual community-wide picnic on July 2nd from 12-2pm. This event is open to residents, families and staff! Please join us for food, games and fun! July 4th brings a day of patriotic festivities that include singalongs, concerts and more. There are additional "Crafting For A Cause" programs throughout the month. Residents will have the opportunity to make craft projects for the Alzheimer's awareness fundraiser fair that will be held in September. This month also brings armchair travel to Paris where we'll learn more about the sights, culture, and cuisine. We will be creating a true Parisian experience complete with a winery happy hour! In addition, on July 11th, Chef Eduardo and his team will be preparing a delicious French- inspired dinner. Ooh La La!!!

We kicked off our company wide Waltonwood "Clear the Shelter" pet campaign which will continue into August culminating on Camp Waltonwood day. Stay tuned for more exciting programs to help this worthy cause!

July is also when residents and staff will begin preparing for our annual Camp Waltonwood which will be held on August 16th from 10am-1pm. This year's theme is "Carnival Creations" where folks can create heartwarming camp memories at Ashburn! You and your grandchild(ren) are invited to join us for carnival games, food, music, entertainment, crafts, and more! So much fabulous fun to be had in July! I hope to see you all in the AL neighborhood!



SINGH

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www.waltonwood.com | 571-918-4854

Facebook: /WaltonwoodAshburn

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

Kesha Sampson
AL Wellness Coordinator

Sheryl Warren-Graham
MC Wellness Coordinator

Jocelyn Jackson
IL Life Enrichment Manager

Brandy Alexander
AL Life Enrichment Manager

Desiree Gilbert
MC Life Enrichment Manager

TRANSPORTATION INFORMATION

If you would like to book a Mon or Wed medical appointment, please see concierge for a Transportation Request Form. Prior notice of 2 business days is needed.

Here's where we're headed this month!

- 7/1: Outing: Scenic Ride 1:15pm bus loads, depart at 1:30pm
- 7/15: Outing: Harris Teeter 1:15pm bus loads, depart at 1:30pm (RSVP by 7/10)
- 7/22: Horse Therapy visit
- 7/24: Loudoun County Animal Shelter Visit 1:15pm bus loads, depart at 1:30pm
- 7/29: Scenic Ride Outing, Scavenger Hunt 1:15pm bus loads, depart at 1:30pm

For shopping and restaurant outings residents must be able to navigate shopping and purchases, providing their own method of payment.

July SPECIAL EVENTS

7/1 Resident Council/ Town Hall 10:30am

7/1 Scenic Ride 1:15pm

7/2 Fun in the Sun Picnic 12:00pm

7/3 Crafting for a Cause with Heather 1:30pm

7/4 4th of July singalong 11:00am

7/4 Neuro Sound Music Therapy 2:00pm

7/4 Concert: Ron Howard 4:00pm

7/7 Paris International Showcase Art with Juliet 2:00pm

7/7 Paris International Showcase Happy Hour 4:00pm

7/10 Concert: Lee Jones 4:00pm

7/14 Concert: Mo Better 4:00pm

7/15 Harris Teeter Outing 1:15pm

7/22: Loudoun Therapeutic Riding 10:15am

7/24: Loudoun County Animal Shelter Visit 1:15pm

7/28 Concert: Mo Better 4:00pm

7/29 Scenic Ride 1:15pm



Congratulations to Janet Holmes for being June Employee of the Month!

Janet was chosen because she goes above and beyond!

Janet has been a concierge at Waltonwood for over 2 years. She is known for being conscientious, resourceful and always willing to assist residents and their families any way she can. Janet especially values the relationship she's built with residents and finds fulfillment in being a familiar and supportive presence in their daily routines. Whether helping with a request or offering a friendly word, Janet's thoughtful nature, dedication and steady, positive presence contributes to the welcoming atmosphere of our community. Prior to working at Waltonwood, Janet worked in several roles, including property management, marketing, merchandising and as a substitute teacher for Loudoun County Public Schools. These experiences have helped her develop strong communication skills and a practical solutions-focused approach.



Prior to working at Waltonwood, Janet worked in several roles, including property management, marketing, merchandising and as a substitute teacher for Loudoun County Public Schools. These experiences have helped her develop strong communication skills and a practical solutions-focused approach. Janet is originally from Washington D.C and has spent most of her life in Virginia. She and her husband now live in Leesburg as happy empty nesters. Their 3 grown children live nearby. In her free time, Janet enjoys reading, traveling, listening to music and spending time with family and friends

June HIGHLIGHTS



FOREVER FIT: Healthy Hydration

Healthy hydration habits are important any time of the year but they become essential during the hot, humid summer months. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and hydrated in the months to come. Making sure there's always fluids nearby to drink throughout the day, eating plenty of water rich fruit and vegetables like cucumber and watermelon, and avoiding strenuous outdoor activities during the peak hours of the afternoon are simple changes that can make a major difference.

EXECUTIVE DIRECTOR CORNER

We celebrate Independence Day on the 4th of July. This is a time of fun and festive outdoor activities. Parades, parties, barbeques, fireworks, etc. We have many exciting 4th of July activities planned at Waltonwood Ashburn. As you enjoy Independence Day with family and friends, please be careful of your exposure to the summer heat. July is one of the hottest months of the year. Get out and enjoy the sunshine, however, be mindful that extended exposure to the summer heat can be dangerous. Choose cooler times of the day to be outside; like mornings and evenings. Remember to stay hydrated and seek out shaded areas if necessary. Enjoy the summer months. Happy 4th of July and remember, please stay safe in the summer heat.

