



Adventure By Waltonwood

We take pride in bringing momentous experiences to our residents. This is why our Adventure Program was created. We take extra time to really understand what is important in each of our residents lives.

If there's anything we know about John, it's the love that he has for his wife, Melanie. Upon asking John what he really wanted to do, he responded that he wanted to take his wife on a date. What better day to plan this Adventure than on their 52nd wedding anniversary! To make this date extra special, our salon treated John to a complimentary hair cut, we took John to hand pick flowers as a gift to his wife, and the ResCare team worked extra hard to ensure John had everything he needed to feel as handsome as he looked.

We can't thank L'Auberge Chez Francois enough for the kind service and hospitality. From making sure the flowers made it to the table before their arrival, to the friendly conversations, and especially to the delicious complimentary desserts!

The entire Waltonwood Community wishes John and Melanie a very happy Anniversary!



JULY BIRTHDAYS

- Erma K. - 7/11
- Jini S. - 7/12
- Michael - 7/12

Message 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@southernluxsalons.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 - MC

July 2025



JULY Program Highlights

- 7/2 @ 12pm **Community Wide Summer Picnic**
- 7/2 @ 3pm Tie Dyeing Pet Bandanas
- 7/9 @ 3pm Baking Pet Treats
- 7/14 @ 3pm Veterans Club: Root Beer Reminiscing
- 7/15 @ 3pm Kindness Council: Tie Blankets
- 7/16 @ 4pm 5 Alive Club: Sensory Painting
- 7/22 @ 10:30am Equine Club: Silver Spurs
- 7/23 @ 2pm **Gorgeous Grandma Events**
- 7/24 @ 1:30pm Outing: Loudon County Animal Services
- 7/31 @ 11:30am Lunch Bunch: Burger Shack

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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

Employee Of The Month: Janet Holmes

Congratulations to Janet Holmes for being selected 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.

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.



TRANSPORTATION INFORMATION

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.

Here’s where we’re headed this month!

Sign up for the **Lunch Bunch** with Desiree Gilbert! Lunch bill will be added to monthly dues.

- 7/3 Scenic Drive @ 1:30pm
- 7/10 Scenic Drive @ 1:30pm
- 7/22 Outing: Silver Spurs @ 10:30pm
- 7/24 Outing: Loudon County Animal Services @ 1:30pm
- 7/31 **Lunch Bunch: Burger Shack**

June Flashbacks



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.

