



AUGUST BIRTHDAYS

- Jean R. 8/10
- Jan F. 8/13
- Ann P. 8/13
- Maggie M. 8/21
- Laele P. 8/25
- Sally B. 8/26
- Pierrette F. 8/30

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!

CAMP Waltonwood! Fun For Generations!



“Carnival Creations”

Create Heartwarming Camp Memories at Waltonwood Ashburn!

You and your grandchild(ren) are invited to join us for carnival games and food, music, entertainment, crafts, and more.

Fun for kids ages 4-12

A parent or guardian must remain on-site with all of our campers.



Space is limited!

RSVP to Jocelyn Jackson for you and your young campers by August 2nd

571-918-4854
Jocelyn.jackson@singhmail.com

44141 Russell Branch Parkway, Ashburn, VA 20147

www.Waltonwood.com | www.SinghCareers.com



ASHBURN CONNECT - AL

August 2025



August

August brings new enrichment programming here at Waltonwood! Elvis is back in the building with a special performance on August 1st at 2:00pm. Lace up your blue suede shoes and join us for a rockin’ good time! This month, our international showcase has us traveling to Australia. We will be bringing the outback to Waltonwood.

We kicked off our company wide Waltonwood “Clear the Shelter” pet campaign, focusing on helping senior pets. We have set up a donation box at the front desk. All items collected will go to our local Loudon county pet shelter. This program continue into August culminating on Camp Waltonwood day. Check out our Facebook page for more exciting programs to help this worthy cause!

August brings 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! There are registration forms at the front desk, please sign up.

So much fabulous fun to be had in July! I hope to see you all in the AL neighborhood!



SINGH

44145 Russell Branch Parkway, Ashburn, VA 20147

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

\$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!

TRANSPORTATION INFORMATION

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

Here’s where we’re headed this month!

- 8/5: Outing: Scenic Ride 1:15pm bus loads
- 8/12: Outing: Whole Foods Market 1:15am bus loads
- 8/19: Outing: Silver Diner 11:15am bus loads
- 8/26: Mcaliter’s Deli 11:15am bus loads

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

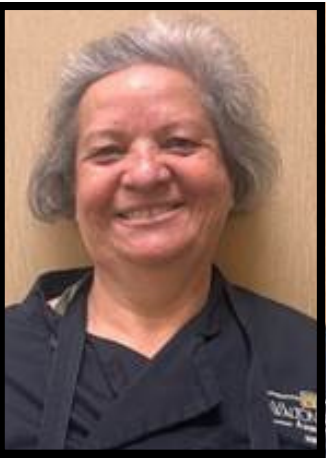
August SPECIAL EVENTS

- 8/1: Elvis Concert 1:30pm
- 8/1: Concert: Ron Howard 4:00pm
- 8/5 Scenic Ride 1:15pm
- 8/7: Resident Council/ Town Hall 10:30am
- 8/7 Crafting with Heather 1:30pm
- 8/7: Concert Lee Jones 4:00pm
- 8/11: Mo Better Blues Concert 4:00pm
- 8/12: Outing: Whole Foods Market 1:15pm
- 8/14: Concert: Lee Jones 4:00pm
- 8/16: Camp Waltonwood 10:00-1pm
- 8/19: Outing: Silver Diner 11:15pm
- 8/25: Concert Mo Better Blues 4:00pm
- 8/26: Mcalister’s Deli 11:15pm
- 8/29: Neuro Sound Music Therapy 2:00pm



Congratulations to Francisca Vasquez for being selected Employee of the Month!

Fransisca was chosen because she goes above and beyond. Fran has worked in the healthcare field for 10 years. Before that she owned her own cleaning company. She chose to work in senior living because she had fond memories of her grandmother. Fran has been an employee at Waltonwood since October 2017, before the doors even opened. Once residents moved in, Fran worked as a server and quickly moved up to working as a line cook. Pran enjoys getting to know the residents and taking care of their nutritional needs. She is often seen in the kitchen preparing meats, fruits and vegetables for all three meals of the day. She even makes the meals and plates them



Fran is good about collaborating with the kitchen staff to ensure efficient and timely meal preparation. She Is also willing to stay late or come in when someone is not available. On Tuesday mornings, Fran loves making one-of-a-kind omelets for breakfast. The delicious aroma permeates the air from her station.

In her spare time, Fran loves gardening. Her own garden is filled with basil, tomatoes, peppers and flowers of all kinds. Fran enjoys being outdoors so she also loves swimming, hiking and biking.

July HIGHLIGHTS



FOREVER FIT: A Strong Foundation

A focal point of the Waltonwood Forever Fit Program is the use of resistance training to significantly improve the quality of life for our residents. A key component in establishing long-term health and independence lies in our ability to maintain muscle strength as we age. Research indicates a direct relationship between aging and the loss of muscle, decrease in bone density and diminished level of physical function. In fact, the average person over the age of fifty can experience a 15%-20% loss in muscle strength per decade in the absence of regular exercise. Whether exercise machines, dumbbells, bands or body weight, resistance training has been shown to dramatically improve over health and well-being while delaying muscular atrophy, increasing bone density and improving balance and coordination. Start slow, build gradually and stick with it. Improvements take time but it’s those improvements that make or time much more prosperous.

EXECUTIVE DIRECTOR CORNER

The Dog Days of Summer are upon us. Please be mindful of the summer heat. Seek shade when necessary and stay hydrated. We have several notable communitywide events occurring in August. Elvis is back in building on August 1st. Our Clear the Shelters campaign continues. We’re still collecting donations for the local animal shelter. If interested, please drop your donations at the front desk. Camp Waltonwood is an intergenerational, carnival-themed event. Camp is open to children ages 4-12 and will be held on August 16th. Please review the calendar for more information regarding these fun August events.

