



AUGUST BIRTHDAYS

- Ursula - 8/3
- Kay S. - 8/16
- Gen. Vuley - 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!

Get to Know Your Neighbor: Ursula

Please meet Ursula, or should we say, "Bitte treffen Sie Ursula! Ursula has been a member of our community for just a few months now and it has been such a pleasure getting to know her.



Ursula was born in Eisenberg, Germany. Fairly early in her life, she moved to Washington D.C. and attended George Washington University. Using her education and personal background, she spent her career as a social worker and an interpreter of 3 languages: French, German and English.

Later, she married and now has three wonderful children, Pieta, Nicole and Carin. In her spare time, she enjoys reading, walking and gardening. Infact, Ursula was even a member of the Herb Society in Florida!

Here at Waltonwood, you will often see Ursula spending her day reading and lounging in our courtyard. She is also very involved in Life Enrichment programs and is excellent assistance in advocating inclusion and making sure things go as scheduled.

Next time you visit our community, make sure to introduce yourself! Ursula enjoys meeting new people and has a very welcoming presence.



\$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

August 2025



Hello August and see you next time July! We are soaking in every last drop of summer here in Ashburn. We are excited for everything this month will bring us, like Camp Waltonwood! Also coming up this month, includes a reading corner, an outing to Manna Pottery, and a Thrift Store Fashion Show. Wow! We hope to see you around.

August Program Highlights

- 🌿 8/1 - **Elvis LIVE**
- 🌿 8/4 - Reading Corner: The Lucky Strike
- 🌿 8/7 - **Lunch Bunch**
- 🌿 8/11 - Veteran's Club: Root Beer & Patriotic Music
- 🌿 8/14 - Outing: Manna Pottery
- 🌿 8/16 - **Camp Waltonwood!**
- 🌿 8/18 - Kindness Council: Teacher Survival Kits
- 🌿 8/26 - 5 Alive Club: Sensory Bags
- 🌿 8/28 - **Thrift Store Fashion Show**

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COMMUNITY MANAGEMENT

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Audrey Wilson
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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 Mananger

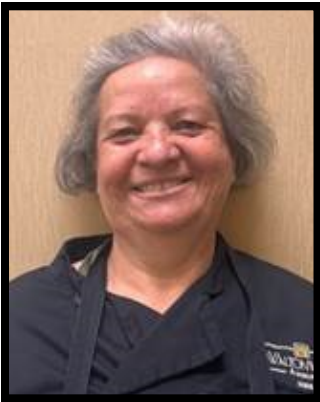
Employee Of The Month: Janet Holmes

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.

Fran 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.



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.



8/7 Outing: **Lunch Bunch @ 11:30pm**

8/14 Outing: Manna Pottery @ 1:30pm

July Flashbacks



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.

