



SEPTEMBER BIRTHDAYS

- Donna - 9/10
- Patrick - 9/15
- Theresa - 9/15
- Barbara W. - 9/21

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@southernl
uxesalons.com



FAMILY & FRIENDS REFERRAL PROGRAM!

Get to Know Your Neighbor: Donna

If there is one thing that we have come to know and absolutely love about Donna, it's her deep care and affection towards others. Donna is often observed offering a helping hand and support to all of those around her.

Donna was born in McKeesport, PA, and has a wonderful Husband Chris. Together they had three children, Susan, Darren and Annette.

Besides the important job of being a momma, Donnas' primary occupation was as a personal assistant to a CEO, how cool! Some of her favorite things include pasta, ice cream, visiting Aruba or any beach, baking, walking, and completing crafts.

We are truly blessed to have residents like Donna here at Waltonwood. Her personality is radiant and exactly what we try to foster in our community.



\$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

September 2025



"Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple." - J.K. Rowling

This statement from J.K. Rowling could not be truer! Although summer seemed to flash before our eyes, there is something about the peaceful crisp Autumn mornings. We have planned lots of Autumn themed programs this month. We hope to see you there!

September Program Highlights

- 9/8 - Grandparents Day Social!
- 9/10 - House of Thrift Fashion Show
- 9/11 - Ursula's Adventure
- 9/11 - Forever Fit: Cosmic Dance!
- 9/12 - Luau Lunch
- 9/15 - WW Bowling League Begins
- 9/16 - Interactive Culinary Station with Lalo
- 9/25 - Farmers Market
- 9/26 - Lunch Bunch: Great Country Farms



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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: Sheila

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

Sheila received her Associates Degree in Business Administration from St. Augustine College. After working in the corporate world for 40 years as an administrative manager, Sheila decided it was time for a change. Her sister, who was a director of a senior living community, suggested Sheila give senior living a try. Sheila started in concierge and was hooked. She has been Waltonwood for 7 years. Within 2 years of her working here, Sheila was promoted to lead concierge where she became known as “The Sherriff” because she takes care of the residents, staff and family members and maintains the peace. Sheila also trains the concierge team members and is a Notary Public.



Sheila goes the extra mile in customer service and is always available to fill whether it be for concierge or in life enrichment. Not only does she work full time at Waltonwood, Sheila has worked part time for the past 15 years as a life insurance agent and investor for a financial brokerage. Sheila loves working with our residents. She feels they are her family and acts in servanthood by actively listening to the residents and showing empathy.

Sheila has lived in the Virginia area for 30 years. She has 3 children who live in various states on the East Coast. Because Sheila is a workaholic, when her family visits every 2 months and on holidays they have to come to her places of employment to see her because she’s never home. In her spare time, Sheila enjoys going to fine dining restaurants and live theater shows, listening to gospel music, reading the bible and watching romantic movies, especially Hallmark films.

FOREVER FIT: BETTER BALANCE

September is Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

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.

9/4 Scenic Ride @ 1:30pm

9/11 Ursula’s Adventure @ 10:30am

9/26 Lunch Bunch: Great Country Farms @ 11:30am

August Flashbacks



Executive Director Corner

Labor Day is the 1st, a day to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States of America. Labor Day is a national “day off.” Please have a fun and safe Labor Day holiday weekend. We also celebrate National Assisted Living Week the 7th through the 13th. This annual observance provides an opportunity for residents, their loved ones, staff, volunteers and local communities to celebrate the individuals who live and work in Assisted Living. This years’ national theme is “Ageless Adventure”. We have a full schedule of joyous communitywide activities and events scheduled throughout the week. Please join us in celebrating all those who work at and live in Assisted Living.

