



## September BIRTHDAYS!

- 9/11 Nancy J
- 9/11 Zine C
- 9/14 Marvin B
- 9/15 Connie K
- 9/22 Jane M
- 9/25 Arlene H
- 9/26 Fran S
- 9/27 Elaine H

**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@southernluxe  
salons.com



FAMILY & FRIENDS REFERRAL PROGRAM!

## Congratulations to Shelia Johnson, September 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.

## \$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

## September 2025



## September

September brings new enrichment programming here at Waltonwood! We kick off September with National Assisted Living Week. NALW is an opportunity to celebrate and recognize staff, volunteers, and individuals that have a hand in making senior living incredible. To our Waltonwood team, we see how much you care, and we thank you for all you do!

This year’s theme, Ageless Adventure offers those in assisted living the opportunity to celebrate the week with big smiles and even bigger adventures! Ageless Adventure reminds us that the journey never stops, and adventure has no age limit. In celebration of our Ashburn team, September 8th-12th, we will have special programming all week long. Stay tuned for more details!

This month our adventurous travel series brings Hawaii to Waltonwood with a performance by the Hui Hula O Na Mele Aloha Hawaiian dancers, and Luau dress up day for residents and associates.

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



SINGH

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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

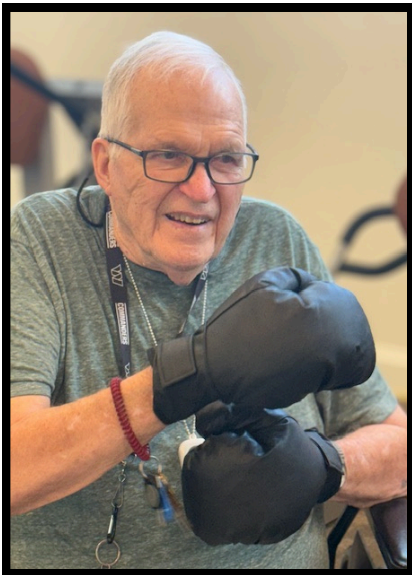
Brandy Alexander  
AL Life Enrichment Manager

Desiree Gilbert  
MC Life Enrichment Manager



August HIGHLIGHTS

Australia Comes To Waltonwood!



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. We also offer drop off services on Sunday to specific church’s and local retail stores. To sign up or for more information regarding Sunday transportation please contact: Jocelyn Jackson 1-571-918-4854 or via email:Jocelyn.Jackson@singhmail.com

Here’s Where we’re headed this month!

- 9/2: Outing: Scenic Ride 1:15pm bus loads
- 9/9: Outing: Fire House Appreciation Visit 1:15pm bus loads
- 9/23: Outing: Dunkin Donuts 1:15pm bus loads
- 9/30: Outing: Scenic Ride 1:15pm bus loads

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

September SPECIAL EVENTS

- 9/2: Outing: Scenic Ride 1:30pm
- 9/4: Resident Council/ Town Hall 10:30am
- 9/4 Crafting with Heather Making Gifts for Staff 1:30pm
- 9/5: Concert: Ron Howard 4:00pm
- 9/7: Grandparents Day celebration 2:00pm
- 9/8: Mo Better Blues Concert 4:00pm
- 9/9: Outing: NALW Fire House Visit 1:30pm
- 9/9: Flu Shot Clinic (time TBD)
- 9/10: House of Thrift Fashion Show 2:00pm
- 9/12: Hawaiian Dance Performance 11:00am
- 9/12: Luau 12:00pm
- 9/15: Mo Better Blues Concert 4:00pm
- 9/16: Outing: Dunkin Donuts 1:30pm
- 9/18: Concert Lee Jones 4:00pm
- 9/22: Mo Better Blues Concert 4:00pm
- 9/23: Outing: Scenic Ride 1:30pm
- 9/24:Forever Fit: 80's Vibes Costume Fitness Class 3:00pm

Down Under Happy Hour



FOREVER FIT: Better Balance

September in 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.

EXECUTIVE DIRECTOR CORNER

Labor Day is the 1<sup>st</sup>, 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 7<sup>th</sup> through the 13<sup>th</sup>. 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.

