



NOVEMBER BIRTHDAYS

- Charlotte 11/19
- Elsa D. 11/25

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

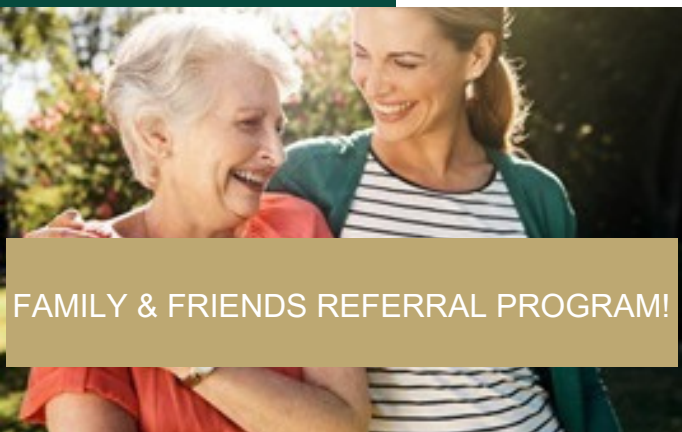
Get To Know Your Neighbor: Joyce

Our neighborhood is filled with residents who are kind and all inclusive. Joyce is certainly someone who shines in this department. She greets everyone with her infectious smile and is always checking in on her peers to make sure that they are feeling happy.

Joyce was born and raised in Alexandria, alongside her five siblings. Her and her husband, Allen, moved to Great Falls, where she became a homemaker and the bookkeeper for their family business. Together they had four children.

Some of her and her family's hobbies included sport fishing and boating. In current time, Joyce enjoys taking walks, dancing, children, animals and anything that involves socializing.

We are honored to have Joyce as part of our Waltonwood family!



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

November 2025



Showing gratitude is one of the simplest yet most powerful things humans can do for each other."

-Randy Pausch

November Program Highlights

- 11/6 - Crafting & Art with Heather
- 11/11 - **Veterans Day Programs All Day!**
- 11/14 - Dramedy Club Show in IL
- 11/18 - Baking Club: Kitchen Sink Cookies
- 11/19 - November Birthday Happy Hour
- 11/24 - **Oma's 100th Birthday Celebration!**
- 11/27 - Thanksgiving!



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: Heydi Arellano

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

Heydi has worked at Waltonwood as caregiver in memory care for a year. She enjoys working at Waltonwood and loves taking care of residents and making them feel that they are loved like family. Heydi is very energetic and her smile is very contagious. She loves making residents smile and laugh. When she sees a resident who may not want to participate in a group activity or seems down, Heydi gives the resident a hug and gets them up and dancing to lift their spirit.

Heydi moved to Virginia from Nicaragua. She is a licensed pharmacist and Zumba instructor. During Active Aging Week, Heydi led several Zumba classes throughout the community. The residents loved her vibrant sessions and look forward to more in the future.

In Heydi’s spare time, she enjoys going to church, traveling, dancing and spending time with her family.



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.

11/13 - Lunch Bunch



October Flashbacks



FOREVER FIT: COGNITIVE RESILIENCE

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.

Executive Director Corner

Daylight Saving time will end this month. Please remember to turn your clocks back one hour on Sunday, November 2nd at 2AM. We honor all those who served in the Armed Forces on November 11th. As always, we have a lot planned for Veterans Day! Thanksgiving is Thursday, November 27th. We then begin to festively decorate the community for the holiday season. It’s happening so fast! Before we know it, the end of the year will be upon us.

