



### Congratulations to Heydi Arellano, 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,



# ASHBURN CONNECT - AL

## November 2025



### November

November 11, Veterans Day, previously named "Armistice Day", as the holiday evolved from commemorating the end of WWI to honoring all U.S. veterans. Veterans Day, which materialized at the end of World War I, is a day to honor all service men and women, but especially those who remain with us to share their experiences. Here at Waltonwood, home to over 40 Veterans community wide, we will be celebrating their service and bravery during the month November. Our veterans span all branches of service Army, Air Force, Coast Guard, Marine Corps, Navy, and Space Force. To our Waltonwood veterans and their families, we thank you, and we appreciate your sacrifice. Join us on November 11th for Veterans Day festivities!

We will be having our family Thanksgiving Day dinner on Friday, November 21st at 5pm. There will be a sign up at the front desk for family members wanting to attend. Residents do not need to sign up.

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



**SINGH**  
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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

### BIRTHDAYS!

Joe P. 11/3

Nita C. 11/10

Gail M. 11/17

Clara W. 11/18

Eleanor C. 11/24

David J. 11/26

### Massage Therapy

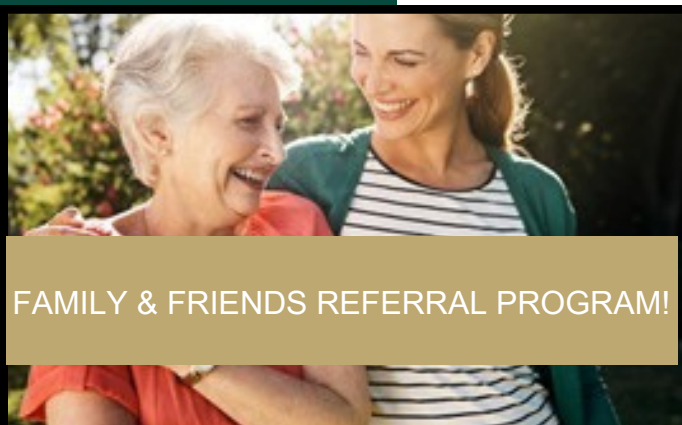
Call 1-301-614-6158

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!

## \$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!

# October HIGHLIGHTS

## Breast Cancer Awareness PINK OUT!



## 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!

- 11/4: Outing: Election Day Trips to Vote. Bus running from 10:00am -4:00pm
- 11/ 18: Farmers Market 1:15 bus loads
- 11/25: 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.

## SPECIAL EVENTS

- 911/3: Residents & Staff Zumba with Heydi 3:00pm
- 11/4: Outing: Election Day, Trips to Vote, 10:00am - 4:00pm
- 11/6: Resident Council/ Town Hall 10:30am
- 11/6: Crafting with Heather 1:30pm
- 11/7: Concert: Ron Howard 4:00pm
- 11/10: Concert: US Army Band String Quartet 2:00pm
- 11/11: Veterans Day Wall Ceremony 11:00am
- 11/11: Veteran's Honorary Luncheon 12:00pm
- 11/11: Family Paint Night (Celebrating Veterans) with Juliet 6:30pm
- 11/18: Farmers Market 1:15pm bus loads
- 11/20: Concert: Lee Jones 4:00pm
- 11/21: Thanksgiving Dinner (families can sign up at front desk)
- 11/25: Scenic Ride 1:15pm bus loads



 WaltonwoodAshburn

Life at Waltonwood Ashburn is filled with laughter, lasting connections, and meaningful moments between residents and our team.

Scan the QR code to follow along on Facebook and see what makes our community so special.



Waltonwood.com | SinghCareers.com



## 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 2<sup>nd</sup> at 2AM. We honor all those who served in the Armed Forces on November 11<sup>th</sup>. As always, we have a lot planned for Veterans Day! Thanksgiving is Thursday, November 27<sup>th</sup>. 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.

