



**Congratulations to Nicole Lucero**  
**December Employee of the Month!**

Nicole was chosen because she goes above and beyond!

Nicole enjoys working with seniors. She makes a positive impact every day at Waltonwood and ensures that residents feel welcomed, safe and that they have a sense of purpose. Nicole works very well as a team member and covers if someone is not able to work their shift. During a recent incident,



Nicole assisted with taking care of a resident emergency while keeping other residents in the surrounding area calm.

Nicole moved from Bolivia to Virginia to be near family. She has worked at Waltonwood since 2019. Nicole started as a server and then transferred to concierge in 2021 as a scheduler. Nicole currently attends George Mason University where she is studying psychology. She will graduate in 2026.

In Nicole’s spare time she enjoys hiking in the Shenandoah Mountains and going to the gym. When Nicole is not studying and doing homework, she loves spending time with family and friends.

**Birthday's**

Paula S. 12/2

Frank K. 12/3

Anne S. 12/12

Jim W. 12/22



**FOLLOW US**

 **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.





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# ASHBURN CONNECT

## Assisted Living December 2025



### December

The holidays are in full swing! We just hosted a fabulous Thanksgiving dinner for residents and families and now onto December fun. This month we will be kicking off holiday festivities with a decorating party on Tuesday, December 2nd at 2pm. We will be having a holiday family painting party on December 7th at 2pm. Space is limited and RSVP required. Residents will be traveling to see the magical festival of lights on Tuesday, December 16th at 5:00pm. Bob Clark will be performing a special holiday concert on Christmas Eve at 11am. Check out the Waltonwood Intouch app for more details on all the upcoming festivities!

“Wintery mornings wrapped in white, evenings calm and still, snowflakes dancing all around, sled rides down a hill, gathering with loved ones, such a pleasure to remember, all memories and special gifts that come with each December”.

Looking forward to seeing 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

### \$3,500 RESIDENTIAL REFERRAL BONUS

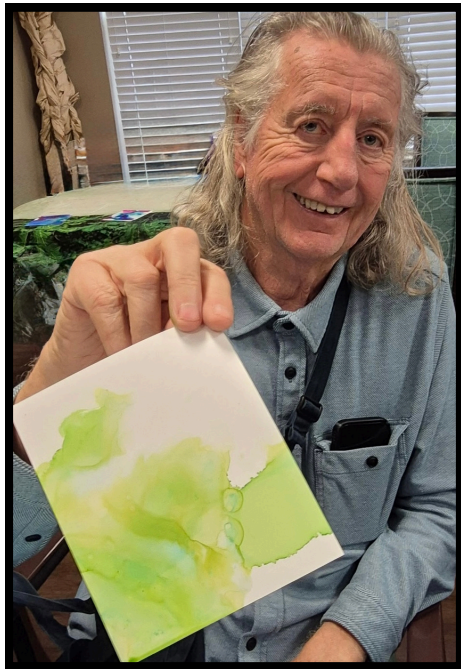
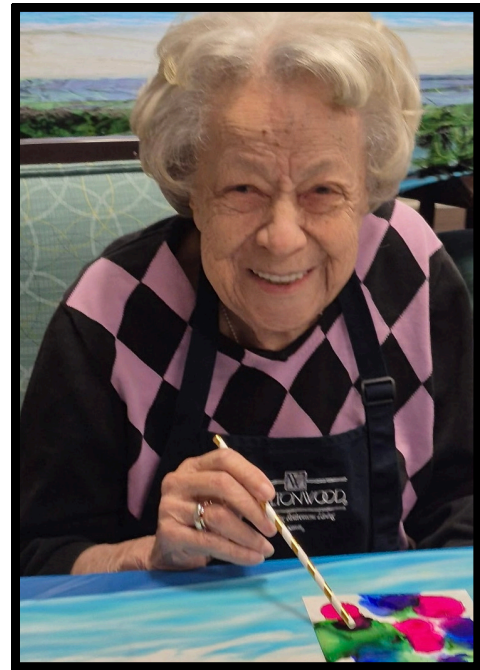
Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!



**FAMILY & FRIENDS REFERRAL PROGRAM!**



November HIGHLIGHTS



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!

- 12/2: Men's Coffee Talk & Donuts at Dunkin' 10:30am bus loads, departs at 10:45am
- 12/9: Ladies' Coffee Talk & Donuts at Dunkin' 10:30am bus loads, departs at 10:45am
- 12/16: Festival of Lights scenic ride, MUST RSVP BY: 12/9
- 12/30: Cure Cabin Fever Scenic Ride 1:15pm bus loads, depart at 1:30pm

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

SPECIAL EVENTS

- 12/2: Decorating & Donuts
- 12/16: Festival of Lights (RSVP)
- 12/7: Holiday Paint Party (RSVP)
- 12/24: Bob Clark concert

We are encouraging residents to participate in a company sponsored program called adventure by Waltonwood. At Waltonwood we pride ourselves on providing residents with exceptional life experience. The purpose of this program is to encourage residents to pursue their life's desires and ambitions. Adventures can be as big or small as you would like- the possibilities or endless! Residents can nominate themselves for an adventure, or nominated by family member, staff of other residents. If you have any questions, want to submit an adventure request, or would like more information about our program please reach out to Brandy Alexander, Life Enrichment manager.



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

The end of the year is a time filled with amazing memories of the adventures you have had for the past few months. We think about where we came from and about where we are going, pursuing the future with joy and hope. May this wonderful New Year be all that you have hoped for and may it be sprinkled with friendship and love. Happy holidays!

