



### Congratulations to Ashley Holt, January Employee of the Month!

Ashley was chosen because she goes above and beyond!

Ashley began her career working at a middle school for ten years as a secretary. From there she worked as an office manager for a small business owner. Ashley found herself being a caregiver for some family members and during the process discovered her passion working in healthcare, especially with senior citizens.



Ashley loves helping others and provides great customer service. She has been the Move-In Coordinator at Waltonwood for almost 3 years. Ashley loves her job and finds it personally and professionally rewarding helping families make the important transition into senior living.

Ashley has lived in the Northern Virginia area since she was five. She really likes the area and thinks it's a great place for working and raising children. Her children, twins, are now grown up. Her son still lives in the area and her daughter visits frequently.

In her spare time, Ashley enjoys going to any beach with her family, eating at new restaurants (she especially likes Italian) and reading non-fiction, biographies and spiritual books. Her idea of a perfect day is sitting outside reading a good book and drinking a delicious cup of coffee.

### \$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!

# ASHBURN CONNECT

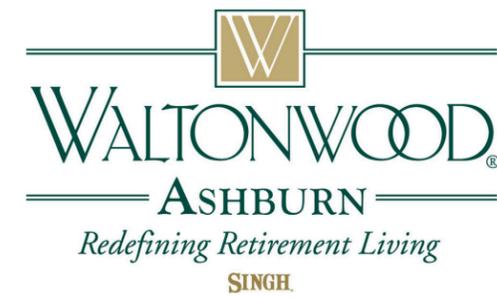
## Assisted Living January 2026



### January

Happy New Year! For 2026 Waltonwood to Dollywood returns! Dolly's story, one of humble beginnings to powerhouse inspirational, multi-talented, award winning musician, author, actress, business women and most of all philanthropist. We will kick off Dolly week with family paint night held on Sunday the 11th, RSVP required. Followed by special programming throughout the week, check out the InTouch app for all Waltonwood to Dollywood programming. January brings the celebration of Martin Luther Kings birthday. We will be doing a special art therapy project with the residents in honor of this special civil rights leader. We will have new performers, concerts, and happy hours (with mocktail options) this month as well. We are looking forward to 2026, I hope to see you all in the AL neighborhood!

Dollywood is not affiliated with Waltonwood, nor has provided Waltonwood with any materials. All events throughout Waltonwood to Dollywood were created and implemented by Waltonwood, with permission to use the Dollywood logo and title. The basis of the events are to celebrate and honor Dolly Parton and are not a representation of the actual Dollywood or Dolly Parton



44145 Russell Branch Parkway, Ashburn, VA 20147  
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

- Birthday's
- Shannon K 1/1
- Alice S. 1/1
- Doris H 1/12
- Ken W 1/14
- Charlie R 1/29

**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.

Waltonwood.com | SinghCareers.com

## December 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](mailto:Jocelyn.Jackson@singhmail.com) or via email: [Jocelyn.Jackson@singhmail.com](mailto:Jocelyn.Jackson@singhmail.com)

### Here's where we're headed this month!

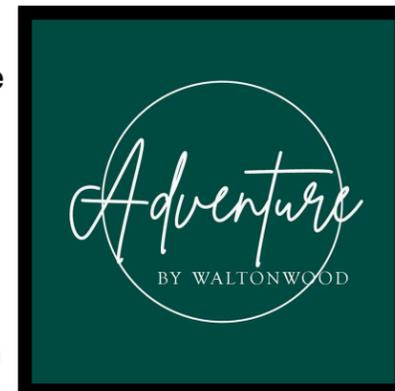
- 1/6: Men's Coffee Talk & Donuts at Dunkin' 10:30am bus loads, departs at 11:00am
- 1/13: Dolly & Donuts at Dunkin' 10:30am bus loads, departs at 11:00am
- 1/20: Harris Teeter Shopping 1:15pm bus loads, depart at 1:30pm
- 1/27: Cure Cabin Fever Scenic Ride 10:30am bus loads, depart at 11:00am

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

## SPECIAL EVENTS

- 1/11 Dollywood Starts
- 1/19 Celebrating Martin Luther King JR

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 are 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: Don't Go It Alone

When we think of exercise, we often think of stronger muscles and healthier bodies. While this is true, when regular exercise is combined in a social capacity the physical benefits may also extend to our cognitive functioning too. Recent data suggests that those who work out at least twice a week with a workout buddy, or in a small group, also lowered their risk of developing cognitive decline versus those who exercised alone. The data also shows that the social engagement boost motivation, improves accountability and creates a greater sense of belonging. So, when you're setting those New Year's resolutions remember a good workout with some great friends may be the best way to stay healthy for years to come.

## EXECUTIVE DIRECTOR CORNER

The New Year has arrived and we look forward to it with great optimism. Our goal is to be the preferred place to both live and work in the Northern Virginia senior housing market. We'll achieve this by providing the best hospitality, care and culture to our residents and staff. I truly believe we already have all the tools in place to make this new year very successful. Wishing you all a very healthy and fruitful 2026.

