



### JANUARY BIRTHDAYS

- Karen - 1/9
- John M. - 1/20

### Massage Therapy

Call 1-301-614-6158 to make appointments or reach out to [massages222@outlook.com](mailto:massages222@outlook.com)

### SALON

Call 1-301-543-9140 to make appointments or reach out to [wwashburn@southernluxesalons.com](mailto:wwashburn@southernluxesalons.com)



FAMILY & FRIENDS REFERRAL PROGRAM!

## Getting to Know Your Neighbor Carole

If you are looking for someone to join your trivia night team, Carole is your gal. She often knows the answers before the host even has a chance to finish the question!

Carole was born in Philadelphia, Pennsylvania, but relocated to Atlantic City, New Jersey in her early adulthood. She attended Rutgers University, as well as The University of Maryland Medical School to study biology and biology research.

Later in her adulthood, she moved to Silver Spring, Maryland where she worked as a Tax Preparer. She married her husband, Frank, and they had 2 wonderful sons.

Fun facts about Carole include that she knows how to play the accordion and she is a passionate folk dancer.

The one thing we love about Carole is her enthusiasm and willingness to engage in just about any program and/or event that we plan. Having Carole as part of our community has been nothing short of a blessing!



## \$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

## January 2026



### January Program Highlights

- 1/2: New Years Happy Hour
- 1/8: Outing: Dollar Tree
- 1/13: Dolly Parton Paint Party**
- 1/15: Baking Club: Dolly's Lemon Coconut Cookies
- 1/16: Good Golly Happy Hour**
- 1/19: Watercolor Peace Doves
- 1/20: Popcorn and Armchair Travel to Tahiti
- 1/22: Snow Day Event!**



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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

## Employee Of The Month: Ashley Holt

Congratulations to Ashley Holt for being selected 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.



## 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 and Shopping Trips** with Desiree Gilbert! Lunch and shopping bills will be added to monthly dues.

12/1 - Scenic Drive @ 1:30pm

12/8 - Shopping Trip @ 10:30am

12/29 - Scenic Drive @ 1:30pm

## December Flashbacks



## FOREVER FIT: DON'T DO 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.

