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# ASHBURN CONNECT

FEBRUARY 2026



## UPCOMING EVENT HIGHLIGHTS

Do you say Feb-ro-ary or Feb-you-ary? Either way, it is considered correct. The name comes from the term "februum" which means purification. February is also known as the month of the pearl when snow melts on tree branches, forms droplets and then freezes again looking like pearls of ice. February is the only month of the year that can pass without a single moon; but when the moon is in the seventh house, Aquarius and Pisces come out to play in rivers of ice. Violets are the flower of the month and amethyst lovers offer humility, spiritual wisdom and sincerity. There are many holidays to celebrate in February. We start with wondering if Punxsutawney Phil will see his shadow with the hope of an early spring. Super Bowl is coming up. Will your favorite team win the ultimate trophy? We are getting in the mood for love and Valentine's Day with our Chocolate Indulgence Happy Hour. In honor of Presidents' Day we learn about the presidents and the 1<sup>st</sup> ladies. It's the Year of the Horse for the Lunar New Year. Head to New Orleans during our Mardi Gras Madness Party. Celebrate Black History Month with us as we delve into its history and the lives of very influential African Americans. Life is good at Waltonwood.

## Fantasy Football

Congratulations to the Fantasy Football winners of 2025! Noel Doyle won the big trophy with his winning teams the Bengals, Rams and Seahawks while our Business Office Manager (yes, the department heads play too) won with the Chiefs, Lions and Seahawks. Will you win the trophy for the 2026 season? Join the fun this coming September. Please come to our Super Bowl Party on February 8<sup>th</sup> at 6:30pm to cheer on your favorite team. Who will win the Lombardi Trophy? Are you ready for some football?!

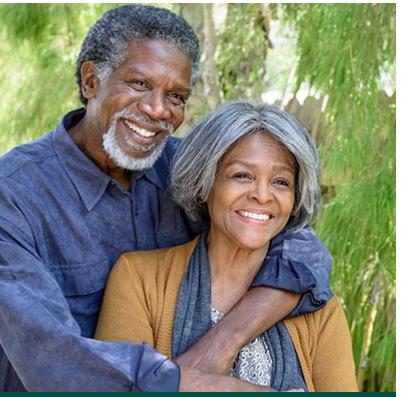


**\* Don't forget that the Winter Wii Bowling League starts on February 3<sup>rd</sup> and goes for 8 weeks! \***

## COMMUNITY COMMUNICATION

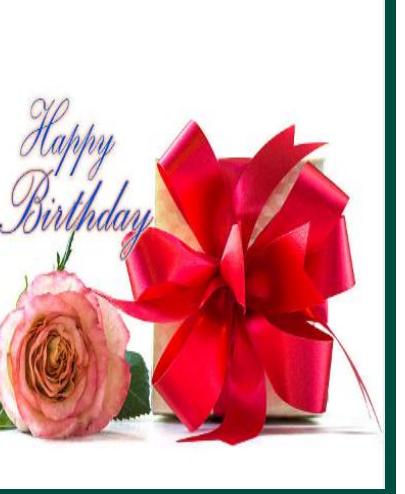
2/1 Medicare 101 Presentation with Nicole Perry	2/12 Golden Anniversary Newlywed Game
2/3 Glaucoma Presentation with Dana R	2/13 Chocolate Indulgence Happy Hour
2/3 Classical Piano Concert with the Nguyen Brothers	2/14 Senior Financial Scams Presentation with Social Start
2/4 Beginners Mah Jongg	2/16 Lunch & Learn with Dana Rizzo: Cardiovascular Health
2/4 Violin Concert with Benedict G	2/17 Lunch & Learn with Dana Rizzo: Alzheimer's & Dementia
2/5 Drumming Fitness with Jose - NEW	2/17 Mardi Gras Madness Party & Concert with Confirmation
2/5 Songsters Valentine Rehearsal (2/9 – rehearsal & 2/13 – concert)	2/18 Vocal Piano Concert with Will L
2/4 Rally for Red Happy Hour	2/19 An Adventure in Polynesia Presentation with Harry McClaren
2/7 AI Explained Presentation with Cyndy McCollough	2/23 Heeling House Puppy Socialization
2/9 Short Film Viewing & Discussion	2/24 Robert Sherwood Abe Lincoln in Illinois Film Discussion with Gregory
2/10 Love in Modern Times Presentation with Jose	2/24 Moose Mixer Social
2/10 Lunar New Year Celebration	2/25 Recy Taylor Presentation with Juliet
2/10 Piano Bar with Bob Clark	2/25 Piano Concert with Caleb Nei
2/11 John Singer Sargent Presentation with Kimberly Stein	2/26 How Black Entertainers Dealt with Stereotypes Presentation w/ Jimmy B
2/11 Lunch Out/In: Pizza Hut (RSVP 2/4)	2/28 Tacy Music Foundation Concert
2/11 Vocal Instrumental Concert with the Bobbe Shore Quintet	

## \$3,500 RESIDENT REFERRAL BONUS



## RESIDENT BIRTHDAYS

- 2/1: Carole Larkin
- 2/4: Carl McAllister
- 2/9: Wendy Augustine
- 2/12: Judy Vaughan
- 2/16: Bob Banasik
- 2/21: Peter Parker
- 2/26: Carlos Tomassoni
- 2/26: Charlie Woo
- 2/28: Bob Swartz



FRIENDS & FAMILY REFERRAL PROGRAM!

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!

## COMMUNITY MANAGEMENT

- Christopher Leinauer  
Executive Director
- Audrey Wilson  
Business Office Manager
- Eduardo Villasmil  
Culinary Services Manager
- Dwayne Johnson  
Environmental Services Manager
- Tracy Philemon  
Independent Living Manager
- Chelsea Gray  
Marketing Manager
- Victor Ast  
Marketing Manager
- Sharon Prior  
Resident Care Manager
- Kesha Sampson  
AL Wellness Coordinator
- Sheryl Warren-Graham  
MC Wellness Coordinator
- Brandy Alexander  
AL Life Enrichment Manager
- Jocelyn Jackson  
IL Life Enrichment Manager
- Desiree Gilbert  
MC Life Enrichment Manager

## ASSOCIATE SPOTLIGHT

Congratulations to Wossen Kassa for being selected Employee of the Month! Wossen was chosen because he goes above and beyond.

Wossen moved from Ethiopia to Virginia in 2024 to be closer to family. He graduated from Gonder Community University with a Bachelor in mathematics. He then taught 9<sup>th</sup> and 10<sup>th</sup> graders math. He also received a Midwife Nursing Certificate as he was interested in health care.

Upon arriving in the states, Wossen decided not to teach math but to work in senior living. His wife, who also works at Waltonwood, suggested he work here. After receiving a Personal Care Assistant Certification (PCA), Wossen started working as a care giver in memory care.

Wossen loves working with the residents. He treats them like family. Wossen is a natural nurturer, is very protective and attentive, kind and extremely patient. During Wossen's 2<sup>nd</sup> shift, he can be found leading the evening activity, coming up with creative ideas of his own to engage the residents.

In Wossen's spare time, he enjoys playing soccer with his 2 children and watching action movies with the family. His favorite action heroes are Jackie Chan and Denzel Washington.



## JANUARY HIGHLIGHTS



### FOREVER FIT: In the Moment

Strengths, weaknesses, abilities and limitations all act to shape our overall health and wellness. While previous experiences often influence our perception of how we should be when assessing our current state, don't let them be the defining factor in your overall success. Having our focus on things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we can better set ourselves up for success in the moment.

## TRANSPORTATION INFORMATION

### MEDICAL APPOINTMENTS

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.

### TRIPS

Please sign up at the front desk if you are interested in participating in any of the below trips as seats are limited. Sometimes we are not able to accomodate residents at the last minute as there is a cost for some trips and they need to be planned in advance.

#### **PLEASE NOTE THAT WE ARE ALTERNATING SHOPPING PLAZAS & TIMES.**

Saturdays 2pm, Sundays at 9am & 12pm: Shopping – see calendar for stores of the day  
Sundays 10am St. David's & St. Theresa Church Services

2/6 11am Lunch Bunch: Matchbox – Cost for meal, taxes & tip – RSVP by 2/1  
2/13 10am Udvar Hazy Air & Space Museum – Cost for purchases – RSVP by 2/6  
2/20 4:30pm Supper Club: Hot Pot Legend - Cost for meal, taxes & tip – RSVP by 2/3  
2/27 10am NRA National Firearms Museum – Cost for purchases – RSVP by 2/20

## JANUARY SPECIAL EVENTS

**2/6**

Go Red Day – Rally for Red Happy Hour - Wear your favorite red attire

**2/17**

Big Easy Mardi Gras Madness Party

**2/10**

Lunar New Year Celebration

**2/23**

Heeling House Puppy Socialization Visit



## EXECUTIVE DIRECTOR CORNER

Thank you for completing the resident satisfaction survey this month. Your survey responses are critical to the success of our community. I look forward to celebrating with the team, the success we realize from your feedback. I also look forward to implementing the action planning process in areas identified for improvement. Thank you again for your participation.

