



JANUARY BIRTHDAYS

- Joy L. - 2/11
- Barbara L. - 2/21

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@southernluxsalons.com



FAMILY & FRIENDS REFERRAL PROGRAM!

Getting to Know Your Neighbor: Theresa

If there's anyone who can keep the rhythm alive, it's Theresa. Around our community, she's known as the one who can turn any gathering into a celebration. If music is playing, you can count on Theresa to be right there—smiling, dancing, and lifting everyone's spirits.

Born in Washington, D.C., alongside her siblings Madeline, Tommy, and Andrew, Theresa went on to build an impressive career as a Prison Warden, overseeing multiple facilities with strength, compassion, and leadership. She enjoys sharing stories from her years of service, though she'll be the first to say she's grateful for the peace and freedom of retirement.

When she's not lighting up a dance floor, Theresa loves taking walks, trying out local restaurants, lending a helping hand, and joining in on our Friday happy hours. She especially cherishes her weekly visits with her niece, Janine, and her lunch outings with her sister, Madeline.

Having Theresa as part of our community has been nothing short of a blessing. Her energy, kindness, and joy make every day a little brighter for all of us.



ASHBURN CONNECT - MC

February 2026



"There is nothing better than a friend, unless it is a friend with chocolate." -Unknown

February Program Highlights

- ♥ 2/3 - Salt Dough Heart Craft
- ♥ 2/5 - **Lunch Bunch: Silver Diner**
- ♥ 2/6 - Fitness Bingo (Heart Health Day)
- ♥ 2/11 - Flower Arrangements with Joy
- ♥ 2/12 - Sweetheart Milkshakes
- ♥ 2/13 - **Sweetheart Ball Ft. Live Music**
- ♥ 2/16 - Kindness Council: Heart Pillows
- ♥ 2/20 - Happy Hour: Girl Scout Cookie Tasting
- ♥ 2/26 - Outing: Donut Run

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!

Employee Of The Month: Wossen Kassa

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 9th and 10th 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 2nd 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 Washinton.



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 better set ourselves up for success in the moment.

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.

2/5 - Lunch Bunch: Silver Diner @ 11:30am

2/12 - Scenic Drive @ 1:30pm

2/19 - Scenic Drive @ 1:30pm

2/6 - Outing: Donut Run @ 1:30pm

January Flashbacks



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

