



### Birthday's

AI C. 2/5

Carole V. 2/6

Toni K. 2/16

George G. 2/26

## Congratulations to Wossen Kassa, February 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 Washinton.

# ASHBURN CONNECT

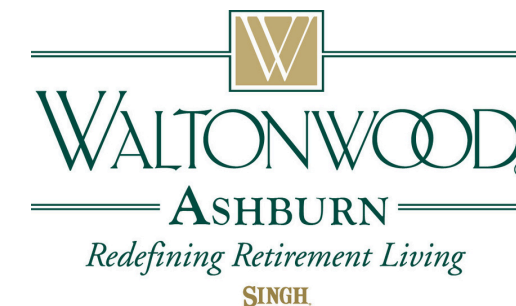
## Assisted Living February 2026



### February

We have new enrichment programming here at Waltonwood for February. This month also brings several themed dinners, hosted by our culinary department and it is open to friends and family. Take a look at our special events section for more details. In honor of Black History Month, we'll offer meaningful educational programs that highlight and celebrate African American heritage. Ashburn will "Go Red" on Friday, February 6, with programming bringing awareness to heart health. Super Bowl Sunday brings our pre-game tailgate party. For Valentine's Day we will join our neighborhood friends, celebrating the love of family and friends with a Sweetheart Ball! February also brings our participation in Kindness Week with an all-community goal of 2,025 acts of kindness. No act is too small, let's sprinkle kindness everywhere!

I hope to see you all in the AL neighborhood!



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



## \$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!



January 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!

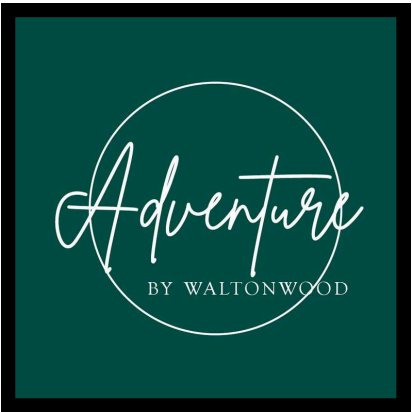
- 2/3: Coffee Talk & Donuts at Dunkin’ 10:30am bus loads, departs at 10:45am
- 2/10: Cure Cabin Fever Scenic Ride 10:30am bus loads, depart at 11:00am
- 2/17: Coffee Talk & Donuts at Dunkin’ 10:30am bus loads, departs at 11:00am
- 2/24: Lunch Bunch, McAllister’s Deli 11:45am bus loads, depart at 12:00pm

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

SPECIAL EVENTS

- |  |                              |
|--|------------------------------|
| Black History Month                          | 2/16 Kindness week starts    |
| 2/6 Go Red for heart health                  | 2/17 Mardi Gras Dinner 5pm   |
| 2/8 Superbowl Dinner 5pm                     | 2/19 Mac McClaren travelogue |
| 2/13 Sweetheart Ball & Valentines dinner 5pm |                              |

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 be nominated by a family member, staff or 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

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.

