



## MARCH BIRTHDAYS

### Message 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: Barbara Williams

For nearly eight years, Barbara has been a resident at Waltonwood, consistently radiating the same kind and pleasant aura that makes her so special.

Barbara grew up in Saddle River, New Jersey, where she and her brother William spent their childhood. She went on to attend Middlebury College. Over the years, Barbara embraced a range of roles. She traveled the world as a Pan Am stewardess. Later, she devoted herself to helping young people as a Juvenile Court Social Worker, offering guidance and empathy to those who needed it most. Eventually, she poured her energy into creating a warm and loving home as a dedicated traveling Army housewife.

Barbara has a warm, adventurous spirit. She loves animals, thrives in the outdoors, and enjoys attending social gatherings where she can connect with others. Above all, she cherishes the time she spends with her children, Karen and Steve.

Next time you're visiting, don't hesitate to stop by and say hello to Barbara. You might just walk away with a kiss on the hand and one of her infectious smiles.



## \$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

## March 2026



### Happy Women's History Month!

"The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous: be strong, be extremely kind, and above all be humble"

- Serena Williams

### March Program Highlights

- 3/5 **Crafting & Art with Heather**
- 3/10 Baking Club: Raspberry Cream Cheese Squares
- 3/11 Reading Corner: It Takes a Town
- 3/12 St. Patty Flower Arranging
- 3/16 Shamrock Shake Demo
- 3/17 **Happy Hour - Shamrock Social**
- 3/21 Non-Denominational Service with Rev. Abraham
- 3/23 Mod Podge Bunnies
- 3/24 Decoupage Eggs



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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: Wossen Kassa

Congratulations to Kenneth Luckey for being selected Employee of the Month! "Luckey" was chosen because he goes above and beyond.



"Luckey" is from Dallas, Texas. After attending Texas A & M University, he served in the Army for 20 years. Luckey was stationed in Desert Storm from 1990-1993. He was honorably discharged as a Sergeant Major.

Luckey is very customer service oriented. He doesn't hesitate to jump in to help all departments no matter what, and does it with a smile. Luckey is very personable and has a great rapport with the residents. He loves coming to work and interacting with the residents and the staff.

Luckey moved to Virginia 20 years ago. He has seven children (five girls and two boys) and twelve grandchildren. Luckey makes it a point to see his grandchildren every day, stopping by on the way home, just to check on them to see if they are okay and if they need anything. In his spare time, Luckey enjoys spending time with his family watching movies and going to the arcade and even playing paint ball!



### 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.

- 3/5 - Scenic Drive @ 1:30pm
- 3/12 - Outing: Coffee at Starbucks @10:30am
- 2/26 - Scenic Drive @ 1:30pm

### February Flashbacks



### FOREVER FIT: REST AND RECOVER

We know how important diet and exercise can be on our overall health, but did you know there's a third factor just as crucial. The rest we get, in particular the sleep we get lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing.

### Executive Director Corner

Winter is winding down and we're all looking forward to Spring. Please remember to adjust your clocks forward one hour at 2AM on Sunday, March 8<sup>th</sup>. From 1PM to 3PM on Friday, March 20<sup>th</sup>, we're hosting our annual "Taste of Waltonwood" event. This event is a first-class culinary experience featuring interactive cooking demonstrations, infused water stations and delicious desserts made by our in-house pastry chefs. We look forward to showcasing our culinary operation to invited prospects and guests.

