



APRIL BIRTHDAYS

4/29:
Monica Frustace



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@southernluxesalons.com



FAMILY & FRIENDS REFERRAL PROGRAM!

Inquiring Minds Want To Know

Thank you to everyone for their prayers and thoughts about our Life Enrichment Manager, Desiree Gilbert. Desi is comfortably relaxing with a new addition to the family. Even sister, Oakley, is excited about having a new baby sister!

Lainey Kate was born on Friday, March 20th at 9:25am. She weighed 8 pounds and was 20.75 inches long. Both mom and baby are doing well.



\$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

April 2026



Spring Is Here!

Spring, also known as the vernal equinox where both days and nights are 12 hours long, is a time of rebirth, rejuvenation, renewal and regrowth. It is a perfect time to participate in our many activities. Life is good at Waltonwood.

APRIL PROGRAM HIGHLIGHTS

- 4/2 3pm Crafting with Heather
- 4/14 11am Pet Visit with Allyson & Blueberry
- 4/16 3pm Spring Flower Arranging
- 4/20 3pm Art Studio with Juliet
- 4/25 3:30 Pet Visit with Maria & Amos
- 4/29 3pm Special Birthday Celebration

Happy Hour Every Wednesday at 3pm!

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: Guillermina Alfaro

Congratulations to Guillermina Alfaro for being selected Employee of the Month! Guillermina was chosen because she goes above and beyond.

Guillermina has worked at Waltonwood for 7 years in the housekeeping department cleaning apartments and doing laundry for our memory care residents. Prior to that she worked at the Loudoun Hospital for 12 years cleaning patient's rooms.



Guillermina loves working with seniors and often helps residents even if it's not part of her job responsibilities. She can be seen assisting residents back to their apartments or helping them find meaningful items that they have lost.

Guillermina has lived in Virginia for 36 years. She moved from El Salvador to be with family. She owns her own catering business where she cooks tamales, tortillas and quesadillas to order. In her spare time, Guillermina loves making sure her home is spic and span from top to bottom and spending time traveling and watching Korean movies with her daughter.

FOREVER FIT: Fit & Flexible

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease range of motion in many of the body's most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Here are a few tips and exercises that can help keep your body loose, limber and feeling your best. Identify the joints and surrounding muscles that are in the most need of attention and use that as a starting point. Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training. Move slowly to the point of mild tension, not to the point of pain. Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury. Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

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.

Weekly Outings

Sign up for our many wonderful outings. Any expenses will be added to your monthly rental bill.

Take a look at the calendar to find out what fun outings we have coming up this month.

March Flashbacks



Executive Director Corner

Spring is upon us. The weather is warmer and the days are getting longer. In April, we begin to revive our outdoor areas. The fountains will be turned on, the exterior and courtyard areas will be landscaped and the trees, shrubs and plants will begin to blossom. This spring, make an effort to get outside to enjoy our beautiful property. We have many new residents joining us as well. Please reach out and introduce yourself to our new neighbors and friends. Help acclimate them to community life and welcome them to the Waltonwood family.

