

Happy Birthday

Congratulations to Mohammed Rahmani

May Employee of the Month!

Mohammed was chosen because he goes above and beyond!

Mohammed started working at Waltonwood as a caregiver in 2019. He had previously lived in Maine working at another community for 3 years as a caregiver. He and his family decided to move from Maine to Virginia because “there was too much snow!” They chose Virginia because they liked the area and although there was snow, there wasn’t as much. Mohammed loves working with seniors. He primarily works in assisted living and picks up shifts in whatever area is needed. Mohammed helps the residents in a way they want to be helped and strives to make everyone happy with his quick response to



their needs. He loves seeing the residents smile which in turn makes him smile and have a great day. Mohammed is looking into attending nursing school in the future. He would like to be a travelling nurse covering all 50 states.

In his spare time, Mohammed enjoys long drives through the mountains and/or countryside. He loves watching action, martial arts and Bollywood movies. Mohammed is very close with his family and they are frequently together doing various activities. He treasures spending time with his wife and two children.

**ASHBURN
CONNECT**

**Assisted Living
May 2026**



May

We have new enrichment programming here at Waltonwood with Music Mondays, where we will be bringing in live music performances. We will be celebrating Cinco De Mayo and Mother’s Day with special dinners hosted by our culinary department! Join us on Memorial Day for family time and patriotic celebrations!

I hope to see you all in the AL neighborhood.

“As full of spirit as the month of May, and as gorgeous as the sun in Midsummer.”

— William Shakespeare



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**COMMUNITY
MANAGEMENT**

Christopher Leinauer
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Audrey Wilson
Business Office Manager

Chelsea Gray
Marketing Manager

Victor Ast
Marketing Manager

Eduardo Villasmil
Culinary Services Manager

Dwayne Johnson
Maintenance Manager

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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

Birthdays:

- Agnes G. 5/10
- Donald K. 5/12
- Judy W. 5/18
- Jim F. 5/25
- John P. 5/27
- Jim M. 5/27
- Elsa St. 5/27
- Richard C. 5/31

FOLLOW US

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Life at Waltonwood Ashburn is filled with laughter, lasting connections, and meaningful moments between residents and our team.

Scan the QR code to follow along on Facebook and see what makes our community so special.

Waltonwood.com | SinghCareers.com

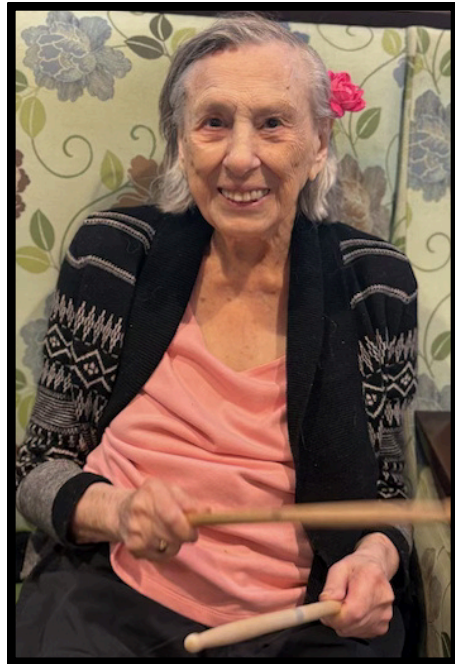
\$3,500 RESIDENTIAL REFERRAL BONUS

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!



FAMILY & FRIENDS REFERRAL PROGRAM!

April HIGHLIGHTS



FOREVER FIT: Keep Moving

Weather this time of the year can wreak havoc on our bodies, especially those battling the aches and pains of arthritis. Cool morning and hot humid days can trigger arthritis flare ups that leave even the most active seniors bound to their chairs. The good news is there's something you can do to help ease the discomfort, move! While it may seem counterintuitive getting up and getting moving can actually help keep muscles strong and joints mobile. By incorporating a daily walk, some light resistance training and gentle stretching you can face those arthritis pains head on and come out stronger and feeling better than before.

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 or via email: Jocelyn.Jackson@singhmail.com**

Here's where we're headed this month!

- 5/12 Donuts at Dunkin' 11am (no money needed)
- 5/19: Scenic Ride 11am
- 5/26: Lunch Bunch, Restaurant Outing: McAlister Deli 12:30pm
 - (need minimum of 4 residents signed up to go, sign up no later than 5/19, residents will need to be able to self-pay for their meal)

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

Upcoming in March (See calendar for more details)

Juliet Art Discussion

Lee Jones Happy Hour

Dana Rizzo Health Presentation

Bob Clark Happy Hour

Mike Emmett Concert

Art with Juliet

Cinco De Mayo Social

Brad Emmett Concert

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.



EXECUTIVE DIRECTOR CORNER

We've added many new residents over the last several months. 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. We plan to continue the push to add new residents through the spring and summer months. Please let us know if you have someone you wish to refer. The friends and family referral program will compensate you \$3,500 if your referral moves into Waltonwood Ashburn. Information regarding the friends and family referral program can be located at the front desk.

