

ASHBURN CONNECT - MC

May 2026



It is said that May flowers bring pilgrims, but I say they bring us lots of fun in the sun! The warm spring weather brings many of our favorite activities back again. This month the Dramedy Club is putting on their Spring production of *The Tour*. Come fiesta with the culinary team as we celebrate Cinco de Mayo. We're honoring our mothers this month with a special dinner. Please RSVP if you'd like to join us. Enjoy the sunshine during our Fun in the Sun Barbeque. Join us for our themed Memorial Day activities. National Senior Health & Fitness Day is here. This year's theme is Move a Little, Live a Lot.

MAY PROGRAM HIGHLIGHTS

- 5/5 - Cinco de Mayo Fiesta
- 5/6 - Kindness Council Craft Project Mother's Day Bracelets
- 5/8- Mother's Day Dinner (RSVP by 5/1)
- 5/12 - Pet Visit with Blueberry
- 5/25 - Memorial Day Concert with Mo Better
- 5/27 - Pet Visit with Toby
- 5/30 - Pet Visit with Amos

Memorial Day

The first national observance of what would become Decoration Day occurred on May 30, 1868. The day was established by General John A. Logan to decorate the graves of Civil War soldiers who died. Graves were decorated with flowers, wreaths, and flags. The date was chosen because it ensured flowers would be in full bloom nationwide for decoration. The name of the holiday was changed to Memorial Day in 1968 to honor soldiers who lost their lives in during all wars.

Today we remember and honor those who have fallen and honor their sacrifice for our country, specifically highlighting the military members who lost their lives during battle and memorializing those who served and died. We thank these fallen heroes for their dedication, courage, and sacrifice safeguarding the freedoms that define our nation.



\$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!

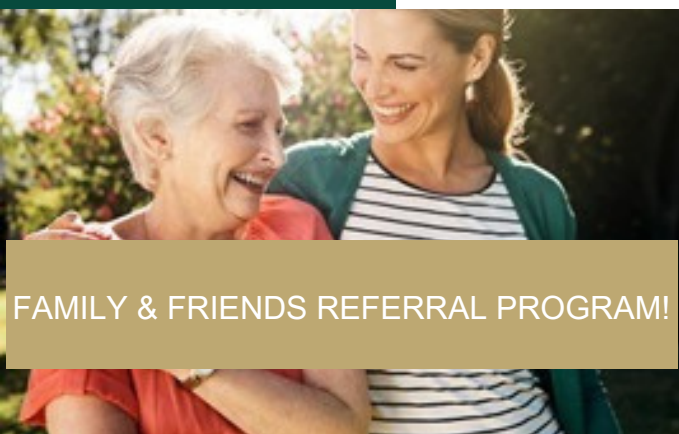
MAY BIRTHDAYS

- 5/5: Jerry Verkler
- 5/14: Paul Brinegar
- 5/23: Lacy Hefty



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!

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: Mohammed Rahmani

Congratulations to Mohammed Rahmani for being selected Employee of the Month! Mohammed was chosen because he goes above and beyond.

Mohammed started working at Waltonwood as a caregiver in 2019. He 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.



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 mornings 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. All you have to do is 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

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.

April Flashbacks Photo Gallery



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.

