



## Getting to Know Your Neighbor: Ann



Ann is a kind and social soul whose life reflects service, creativity, and faith.

Growing up in Washington, DC and spending her childhood in the Girl Scouts shaped her love for camping, nature, friendship, and learning.

Ann wore many career hats. From being a wonderful mother to building a diverse professional path as an accountant, a real estate agent, and the proud owner of a thriving hair salon. However, her greatest work is in how she cares for people. A faithful prayer partner and a familiar face at Bible study, she lived her faith with quiet strength and genuine love. Ann's life is a beautiful blend of hard work, generosity, and devotion.

We are truly blessed to have Ann as a part of our community!

# ASHBURN CONNECT - MC

## July 2026



**“One flag, one land, one heart, one and, one Nation, Evermore!” ~ Oliver Wendell Holmes**

### July Program Highlights

-  7/3 Stars & Stripes Social @ 2pm
-  7/9 Snow Cones & Sprinklers Social @ 2pm
-  7/14 Pet Visit with Allyson & Blueberry
-  7/14 Baking Club: Pet Treats @4pm
-  7/23 Golden Glam Market @ 2pm
-  7/24 Happy Hour - Parfait Bar @ 3pm

### Brain Teaser

- The 4<sup>th</sup> of July commemorates which document?
- A. U.S. Constitution
  - B. The Declaration of Independence
  - C. The Gettysburg Address



Answer: B. The Declaration of Independence



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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

## JULY BIRTHDAYS

Jini Short - 7/12

Michael O'Brien - 7/12

**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!

## \$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!

## Employee Of The Month: Eliza Pape

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



Eliza has lived in the DMV area for 6 years. She attended Gallaudet University, the first deaf college in the world. Eliza learned ASL at the age of 19. Eliza graduated with a master's in social work specializing in working with people who are hard of hearing.

Eliza has been part of the Waltonwood team for about nine months — or, as she likes to say, “as long as Desi has been pregnant.” Drawn to serving the senior population, she felt a special calling to work with residents living with dementia. As someone who is hard of hearing, Eliza understands the importance of visual cues and brings that empathy into every interaction.

A natural people person with endless patience, she quickly became a steady presence in memory care. When her manager went on maternity leave, Eliza stepped up to ensure residents continued to receive meaningful engagement and support.

Eliza is especially excited as she counts down to her wedding this October. When she's not planning for her big day, she's learning how to play Lorcana, a Disney trading card game — perfect preparation for her upcoming honeymoon at Walt Disney World in Florida. At home, Eliza loves nothing more than cuddling with her mini dachshund, Luffy. She's also a creative spirit who journals, writes poems, and composes songs. To unwind, she gravitates toward the beach, where she can enjoy peaceful sunsets. Her taste in music is as joyful as she is — she loves disco and musicals, especially Mamma Mia! She's a big fan of ABBA and Elton John, whose upbeat energy matches her own.

Her dedication, empathy, and passion for serving others shine through every day, and we're grateful to have her on our team.

## FOREVER FIT: PROPER PREPARATION

Summer's the perfect time to mix things up and take our exercise routine outdoors. The fresh air and sunshine are the perfect combination to help reinvigorate the mind, body and soul. Before you head out the door ask yourself one thing, “What's the weather?” While knowing the temperature is a good start looking at other factors like humidity, dew point, air quality, precipitation and wind speed can also greatly impact the overall safety and enjoyment of your exercise experience. If you happen to be an individual who also suffers from respiratory issues, a quick check of the weather before you head out the door is an even more important first step. This summer get to know the elements because the better prepared you are for the conditions the better your exercise will be.

## 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.

- 7/2: Scenic Drive @1:30p
- 7/7: Outing: Petco @ 1:30p
- 7/30: Lunch Bunch: McAllister's @ 11:30am

## June Flashbacks



## Executive Director Corner

We celebrate Independence Day on the 4th of July. This is a time for fun and festive outdoor activities like parades, parties, barbeques and fireworks. We have many exciting 4th of July activities planned at Waltonwood Ashburn. As you enjoy Independence Day with family and friends, please be careful of your exposure to the summer heat. July is one of the hottest months of the year. Get out and enjoy the sunshine, however, be mindful that extended exposure to the summer heat can be dangerous. Choose cooler times of the day to be outside like mornings and evenings. Remember to stay hydrated and seek out shaded areas if necessary. Enjoy the summer months. Happy 4th of July and remember, please stay safe in the summer heat.

