



September BIRTHDAYS!

- 9/7 Shaunda H.
- 9/11 Nancy J.
- 9/13 Judith S.
- 9/15 Connie K.
- 9/15 Travis S.
- 9/22 Jane M.
- 9/23 Nancy L.
- 9/25 Arlene H.
- 9/27 Elaine H.

September Employee of the Month!



Congratulations to Yeniz Veliz de Aguilar for being selected Employee of the Month!

Yeniz was chosen because she goes above and beyond!

Yeniz attended Universidad de El Salvador where she studied business administration. Six years ago, she relocated to Virginia with her family in pursuit of new opportunities. Yeniz has served as a dedicated dishwasher at Waltonwood for almost two years.

Driven by a passion to deliver exceptional service, compassionate care, and meaningful attention to senior residents, Yeniz chose a career in senior living. She consistently goes the extra mile in her daily duties and reliably assists colleagues across both front-of-house and back-of-house operations whenever support is needed.

Outside of work, Yeniz loves spending quality time with her two children frequently visiting local parks, playing sports, and enjoying action movies together. In her personal downtime, she enjoys watching Korean dramas and reading romantic novels.

ASHBURN CONNECT - AL

September 2026



September

This year's Camp Waltonwood was a huge success, with 75 kids and their families in attendance. Thank you to all of our team members who helped create a ROAR-TASTIC experience!

September brings new enrichment programming here at Waltonwood! We kick off September with National Assisted Living Week. NALW is an opportunity to celebrate and recognize staff and volunteers, who have a hand in making senior living incredible. To our Waltonwood team, we see how much you care, and we thank you for all you do!

This year's theme: Shining Through the Years--honoring residents for the lives they lead and the wisdom they share. We will also recognize the caregivers and staff whose compassion and dedication help our residents continue to shine each day. In celebration of our Ashburn team, September 13-19, we will have special programming all week long. Stay tuned for more details!

So much fabulous fun to be had in September, I hope to see you all in the AL neighborhood!



44145 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571-918-4854
Facebook: /WaltonwoodAshburn

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



f WaltonwoodAshburn

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.



\$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!

August HIGHLIGHTS



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 transportation please contact: Jocelyn Jackson: 1-571-918-4854 or via email: Jocelyn.Jackson@singhmail.com**

HERE'S WHERE WE'RE HEADED THIS MONTH!

8/1: Donuts at Dunkin' 11am (no money needed)

8/1: Scenic Ride 11am

8/15: Fire House Appreciation Visit 11am

8/29: Lunch Bunch, Picnic at the Park 12pm

PLEASE NOTE: We need a minimum of 4 residents to go on outings. For shopping and restaurant outings residents must be able to navigate personal needs, shopping and purchases, providing their own method of payment.

September SPECIAL EVENTS

Luau Dancers & Luncheon 9/12

National Assisted Living Week 14th-19th

Friday Happy Hours

Art w/ Juliet

Live Concerts: Bob Clark, Mo Better, & More!

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.



FOREVER FIT: Better Balance

September is Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

EXECUTIVE DIRECTOR CORNER

Labor Day is the 7th, a day to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States of America. Labor Day is a national "day off." Please have a fun and safe Labor Day holiday weekend. We also celebrate National Assisted Living Week the 13th- 19th. This annual observance provides an opportunity for residents, their loved ones, staff, volunteers and local communities to celebrate the individuals who live and work in Assisted Living. This years' national theme is "Shining Through the Years". We have a full schedule of joyous communitywide activities and events scheduled throughout the week. Please join us in celebrating all those who work at and live in Assisted Living.

