



AUGUST BIRTHDAYS

Joyce D. - 9/5
Donna B. - 9/10
Theresa L. - 9/15
Barbara W. - 9/21

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!

Getting to Know Your Neighbor: Gail

Gail was born in Mobile, Alabama, where her Southern roots shaped her warm, welcoming nature. She later attended the University of Chattanooga, studying secretarial sciences, a path that led her to become a dentist's secretary early in her career.



Once she married her late husband, Jim, the two settled in Fairfax Station, Virginia, where Gail embraced her role as a homemaking mother and wife.

Throughout her life, Gail loved being part of her community. She joined several clubs, including garden club, bridge club, and bowling club.

She enjoys iPad games, puzzling, bird watching, and word searches, and she thrives when she's being social. Her favorite vacations include relaxing at the beach, exploring the Smoky Mountains, and going on cruises.

Gail adores the colors of nature, finds joy in helping others, and absolutely cherishes her family, who remain the center of her world.

We are truly grateful to have Gail in our community. Her calm presence, kindness, and thoughtful way of connecting with others add something special to our days.

ASHBURN CONNECT - MC

September 2026



September Program Highlights

- 9/3 Crafting & Art with Heather
- 9/7 Mod Podge Pumpkins
- 9/10 Outing: Hartland Orchard
- 9/12 Luau Day
- 9/17 Coffee & Tea Social
- 9/18 IL Dramedy Club Showing
- 9/22 Annual Fall Market!

Happy Hour Every Friday!

Brain Teaser

What is the full moon in September often called?

- A. Twilight Moon
- B. Harvest Moon
- C. Blood Moon

Answer: B. Harvest Moon



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Chelsea Gray
Marketing Manager

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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: Yenis Veliz de Aguilar

Congratulations to Yenis Veliz de Aguilar for being selected Employee of the Month! Yenis was chosen because she goes above and beyond.



Yenis 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. Yenis 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, Yenis 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, Yenis 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.

FOREVER FIT: STRENGTH AND 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.

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.

9/4 - Scenic Drive @ 1:30p

9/10 - Outing: Hartland Orchard @ 1:30p

9/24 - Scenic Drive @ 1:30p

August Flashbacks



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 through the 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.

