

October BIRTHDAYS!

Bruce M. 10/ 23

George J. 10/ 24

Peggy G. 10/ 26

October Employee of the Month!



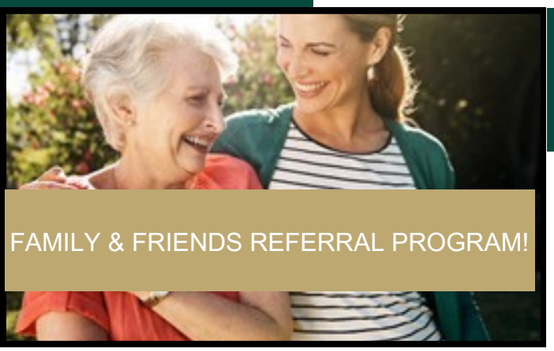
Congratulations to Meyling Arellano for being selected Employee of the Month! Meyling was chosen because she goes above and beyond.

Meyling loves working with our Waltonwood residents. To her it's not just a job. She truly feels that she was put here to help others and feels in her heart that she is where she is supposed to be. Meyling ensures that the residents are nurtured and well taken care of.

Meyling worked as a general practitioner for 12 years in Nicaragua. When her mom needed assistance, she moved to Virginia to live with her and her sister. She has been in Virginia for almost 3 years and has spent a lot of that time learning English. Meyling enjoys the nursing side of healthcare over being a doctor.

In Meyling's spare time, she goes to the park and the mall with her 2 children, mom and sister.

Meyling is thankful for the opportunity to work at Waltonwood since she doesn't have a lot of experience working with seniors. She is looking forward to continuing to grow in the field.



$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!

ASHBURN CONNECT - AL

October 2026



October

We kick off October with Active Aging week! Active Aging celebrates older adults contributions and promotes healthy lifestyles through engaging wellness activities. We will be highlighting the seven dimensions of wellness, physical, social, spiritual, emotional, intellectual, vocational, and environmental with special programming the week of the 5th, stay tuned for more details!

October is Breast Cancer Awareness month, we will be having our Ashburn "Pink-Out" and Pink Ladies Tea.This year to show our support for those living with Breast Cancer we are going to be assembling Chemo Care Packages. More details to come.

And of course we couldn't leave out the Halloween festivities! Join us for special Happy Hours every Friday. Community wide kids trick or treating and our annual resident and staff costume contest on the 29th.

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

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Victor Ast
Marketing Manager

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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

September HIGHLIGHTS















FOREVER FIT: Active Aging Week

Celebrating its 23rd year, Active Aging Week kicks off Monday October 5th at Waltonwood. The week-long event highlights the need and importance of actively aging as we celebrate older adults contributions and promote healthy lifestyles through engaging wellness programs. Wellness looks different to everyone, and each Waltonwood community will uniquely display what Active Aging means to them. Starting Monday October 5th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

TRANSPORTATION INFORMATION

If you would like to book Mon or Wed transportation, please see front desk concierge for a Transportation Request Form. We also offer drop off services on Sunday to specific church's and local retail stores. **All transportation requests and changes to medical transportation are handled by Jocelyn Jackson: 1-571-918-4854 or via email: Jocelyn.Jackson@singhmail.com**

HERE'S WHERE WE'RE HEADED THIS MONTH!

10/6:: Scenic Ride Scavenger Hunt 11am
10/13: Scenic Ride Scavenger Hunt 11am
10/20: Donuts at Dunkin' 11am (no money needed)
10/27: Lunch Bunch: Picnic Park Trip 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.

October SPECIAL EVENTS

Art with Juliet 10/1
Resident Council 10/1
Town Hall 10/1
Active Aging Week 10/5-10/9
Concert Brad Emmet 10/12
Concert Bruce Garner 10/19
Breast Cancer Awareness Tea 10/28
Halloween Trick or Treating 10/30
Halloween Costume Parade 10/30

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

Active Aging Week is October 5th through October 9th. Please join us as we celebrate all the active and engaging life enriching programs we offer at Waltonwood Ashburn on a daily basis. We have exciting Halloween parties planned later in the month as well. Unfortunately, we also experience more instances of cold and flu as the weather changes and the days become shorter. Please refrain from participating in life enrichment activities and dining venues when feeling sick. Be safe when navigating outdoor spaces and parking lots in the dark. Enjoy a fantastic Fall! The Holiday Season is right around the corner and will be here before we know it. 😊

