

BIRTHDAYS!

Nita C. 11 /10

Mary F. 11 /17

Eleanor C. 11/ 24

November Employee of the Month!

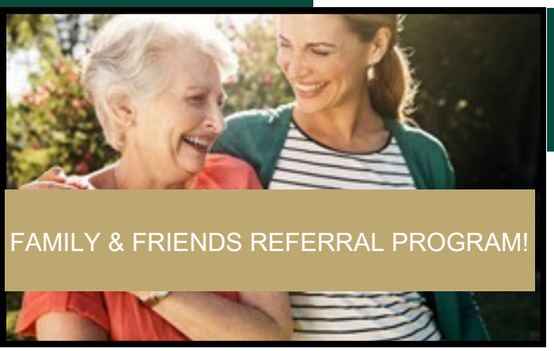
Congratulations to Bishnu Marasini for being selected Employee of the Month! Bishnu was chosen because he goes above and beyond.



Bishnu has served as our dedicated Wellness Nurse at Waltonwood for the past four years, bringing with him many years of healthcare experience. Remarkably versatile, Bishnu holds Bachelor's degrees in both Nursing and Physics, as well as a Master's degree in English Literature.

Known for his warm, empathetic, and outgoing nature, Bishnu loves sharing stories with the residents. He firmly believes that building trust and actively listening to residents' concerns are essential to providing great care. Always a team player, he eagerly lends a helping hand across all departments whenever needed. An enthusiastic team player, Bishnu readily assists other departments and appreciates working alongside families and staff to ensure seamless, high-quality care.

Bishnu relocated to Virginia with his family in 2012. Outside of work, he enjoys reading fiction (Shakespeare's Hamlet is his personal favorite), writing poetry, playing cricket, soccer, watching movies, and taking scenic drives or nature walks. Bishnu is excited about a trip home to Nepal in 2027 to visit family.



$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

November 2026



November

November 11, Veterans Day, previously named "Armistice Day", as the holiday evolved from commemorating the end of WWI to honoring all U.S. veterans. Veterans Day, which materialized at the end of World War I, is a day to honor all service men and women, but especially those who remain with us to share their experiences. Here at Waltonwood, home to over 40 Veterans community wide, we will be celebrating their service and bravery during the month November Our veterans span all branches of service Army, Air Force, Coast Guard, Marine Corps, Navy, and Space Force. To our Waltonwood veterans and their families, we thank you, and we appreciate your sacrifice. Join us on November 11th for Veterans Day festivities!

We will be having our family Thanksgiving Day dinner on Friday, November 20th at 5pm. There will be a sign up at the front desk for family members wanting to attend. Residents do not need to sign up.

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

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Brandy Alexander
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Desiree Gilbert
MC Life Enrichment Manager

October HIGHLIGHTS















FOREVER FIT: Cognitive Resilience

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According to the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.

TRANSPORTATION INFORMATION

If you would like to book Mon or Wed drop off transportation (resident must be accompanied by family while attending appointment), 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 Sunday transportation please contact**: Jocelyn Jackson: 1-571-918-4854 or via email: Jocelyn.Jackson@singhmail.com**

HERE'S WHERE WE'RE HEADED THIS MONTH!

11/3: Donuts at Dunkin' 11am (no money needed)
11/3: Election Trip to Vote (multiple trip avalible, sign up with transportation)
11/10: Scenic Ride with Scavenger hunt 11am
11/17: London Berry Market 1:30pm
11/24: Scenic Ride with Scavenger hunt 11am

Upcoming in November (See calendar for more details)

- 11/5 Art with Juliet 2pm
- 11/9 US Army Pershing's Own Concert 2pm
- 11/13 Bob Clark Happy Hour 2pm
- 11/16 Health Talk with Dana Rizzo 2pm
- 11/3 & 11/17 Remenicing with Stacy 4pm
- 11/20 Culinary Thanksgiving Diner 5pm (sign up will be at the front desk)
- Live Music Monday Concert Series 4pm

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.

Adventure
BY WALTONWOOD

EXECUTIVE DIRECTOR CORNER



Daylight Saving time will end this month. Please remember to turn your clocks back one hour on Sunday, November 1st at 2AM. We honor all those who served in the Armed Forces on November 11th. As always, we have a lot planned for Veterans Day! Thanksgiving dinner will be served Friday, November 20th. We then begin to festively decorate the community for the holiday season. It's happening so fast! Before we know it, the end of the year will be upon us.