

OCTOBER BIRTHDAYS

Gail M. - Nov. 17th

Oma D. - Nov. 25th

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

Getting to Know Your Neighbor: Peggy Gustin



Peggy was born in Mandan, North Dakota, where she attended St. Mary's Nursing School. She later married her late husband, Russell, and dedicated herself to being a loving wife and stay-at-home mom to their four beautiful children.

The family eventually moved to Fairfax, Virginia, where Peggy continued to focus on her family and creating a loving home.

Peggy enjoys participating in a variety of Life Enrichment programs, especially anything active, gardening, baking, and crafts. She has a sweet tooth for cake and pie, loves roses, and especially enjoys going on cruises for vacation.

Peggy has a sweet and welcoming personality and is always happy to join in on the fun. She is a friendly, comforting presence in the community, and others seem to trust and feel at ease with her right away. Her warm spirit and willingness to participate make her a wonderful part of the community!



$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 - MC

November 2026



November Program Highlights

- 11/9 Concert: US Army Pershing's Own Band
- 11/11 Veterans Day Social
- 11/19 Coffee & Tea Social
- 11/20 Thanksgiving Dinner

Happy Hour Every Friday!

Brain Teaser

Which American President delivered the two-minute-long Gettysburg Address on November 19, 1863?

A. Abraham Lincoln

B. JFK

C. George Bush

Answer: A. Abraham Lincoln

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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 Mananger

Employee Of The Month: Bishnu Marasini



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 bachelors in both nursing and physics, as well as a Masters in English Literature.

Known for his warm, empathetic, 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 and soccer, watching movies, and taking scenic drives or nature walks. Bishnu is excited about a trip home to Nepal in 2027 to visit family.

FOREVER FIT: STRONG BODY AND SOUND MIND

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 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

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.

11/5 - Scenic Drive Scabenger Hunt @ 1:30pm
11/12 - Lunch Bunch @ 11:30am

October Flashbacks










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. As always, we have a lot planned for Veterans Day! Thanksgiving is Thursday, November 26th. 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.

