

September
2021



Lansdowne Heights

19520 Sandridge Way
Leesburg, VA 20176

September is here and there isn't a shortage of updates at Lansdowne Heights. This summer will conclude with a tremendous census growth. We have welcomed 20 new resident to our community and have now opened the second side for new move-ins. It truly has been a privilege to hear so many unique stories of our new residents. I hope that you have been able to access our Lansdowne Heights Highlights recordings. This is the best way to get updates on visiting the community, upcoming events, and announcements. These calls are held twice a month. If you have any topics that you would like for us to discuss, please feel free to send me a note and I can add it to the agenda. This month we will start testing residents and staff twice a month for COVID-19. This is due to the increased number of cases in Loudoun County over the last several weeks. Individual results will not be provided unless we have a positive case within the building. Visit restrictions are not in place at this time, but I do ask that you evaluate the necessity and frequency of your visit. Please do not visit if you have recently had a cold, fever, or have attended large events. By following some simple precautions, we can keep our community safe.

I hope everyone has a safe and enjoyable Labor day weekend! I'll see you around Lansdowne Heights!

Hispanic Heritage Month

Sewing Month

Labor Day (U.S.)
September 6

Wonderful Weirdos Day
September 9

Patriot Day
September 11

Yom Kippur
September 15
(Begins at sundown)

**International Country
Music Day**
September 17

One-Hit Wonder Day
September 25

Meet Thomas Kozak



Thomas started working in foodservice at 13 years old. Thomas has enjoyed working for foodservice since the day he started. Thomas is married and has one son. Thomas plans to grow his family in the near future. Thomas enjoys fishing and riding bikes when he is off from work. A few fun facts about Thomas is his favorite season is winter and he has placed second in an Olympic length triathlon.

Thomas's Favorite Fall Recipe



"Pumpkin Spice Grits with Candied Pecans"

Grits:

Mix 2 cups whole milk with 1/2 cup brown sugar and 1 tablespoon of pumpkin pie spice, add 2 teaspoons of kosher salt and bring to a simmer. As the milk begins to simmer pour a measured 1/2 cup of instant grits into the pot and stir continuously for 2 minutes or until it has thickened.

Topping:

Place 1 egg white in a mixing bowl and add 2 tablespoons white sugar as well as 1 teaspoon Allspice (optional) and whisk for about 30 seconds. Add 4 ounces of Pecans to the bowl and toss until covered in the egg white/sugar mixture. Place directly on a pan and bake at 225 for about 30 mins. The nuts will feel dry when they are done and should only darken slightly.

Make sure to taste the milk before adding the grits and adjust to your liking. I enjoy adding some white chocolate chips to the grits as they finish up for a sweet treat that will make your Autumn mornings even more enjoyable.

EARN UP TO \$1,500 OFF YOUR RENT?

REFER A FRIEND Refer a friend to come live at our community and you will earn credit towards your rent after your referred guest stays past 30 days.

Memory Care Referral- \$1,500

Talk directly with any member of the management team in order to refer your friend or family member

September Horoscopes and Birthdays

Lily Tomlin – Sept. 1, 1939
Beyoncé – Sept. 4, 1981
Kim Yuna – Sept. 5, 1990
Idris Elba – Sept. 6, 1972
Hugh Grant – Sept. 9, 1960
Misty Copeland – Sept. 10, 1982
Tyler Perry – Sept. 13, 1969
B.B. King – Sept. 16, 1924
Greta Garbo – Sept. 18, 1905
Dorothy Vaughan – Sept. 20, 1910
Ray Charles – Sept. 23, 1930
Serena Williams – Sept. 26, 1981
Gene Autry – Sept. 29, 1907

In astrology, those born from September 1–22 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity gives them a love for others. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they resolve conflicts and are champions of justice and equality.

Our Management Team

Administrator-

Justin Roberts-

JRoberts@HamisterGroup.com

Business Office Manager-

Kristi Bennett

KBennett@LansdowneHeights.com

Director of Personal Care-

Gary Paul

Gpaul@lansdowneheights.com

Culinary Director-

John Harder

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Marketing Director-

Bianca Butoi-Patru

BButoi-Patru@LansdowneHeights.com

Recreation Director-

Mariam Nabizad

Mnabizad@lansdowneheights.com

We are always ready to answer any questions or concerns. Feel free to contact us!

Lansdowne Heights Support Group

Teresa Dunbar, who has a Master's Degree in Gerontology from Virginia Commonwealth University. She is a Care Manager and Advocate with Golden Pond Elder Care Strategies, LLC.

Meeting is held on the 4th Wednesday of every month

6 to 7 pm – Virtual

Lansdowne Heights Memory Care

703.936.7300 x 324 for more information

Caregivers often have questions about how to prepare for changes and next steps as well as manage their anger, guilt, loneliness and isolation. Teresa will offer guidance. Free and open to the public. Tell a friend.

“There is nothing in the world so irresistibly contagious as laughter and good humor.”

- Charles Dickens, A Christmas Carol