

Mother May I?



Sunday, May 13th is Mother's Day in the United States, Australia, and Canada. In Mexico, *Dia de las Madres* is Thursday, May 10. In France, *La Fête des Mères* is Sunday, May 27. After Christmas and Easter, Mother's Day is the third-most celebrated holiday in the world, but the way mothers are honored differs from place to place.

In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men, but by women. A mother's job is never done, it seems, not even on Mother's Day.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Dia de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize their vital importance?

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 916-485-0100 Fax 916-485-0611
 Van/Transportation 916-870-0738
 Dining Room 916-485-0361
 Police Non-Emergency 916-264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Paratransit 916-429-2744
 Yellow Cab 916-444-2222

Beauty Salon - Debbie Sledge 916-532-5775
 Manicurist – Angie Tran 916-267-5486

Marketing Minutes by Hilary Pimentel

I hope you are as excited as I am to have Happy Trails Duo come in and play country music for us. Mary is going to teach us all how to line dance 30 minutes before the music starts. Make sure you come down and kick up your heels for a southern good time!!

Last year's Red, White & Blue Pancake Breakfast was extra special to me because I had the honor of having my nephew, Roy, hold our flags with his fellow Airman, Wong. That was their first Armed Forces Day after graduating basic training from the Air Force. This year he is unable to attend our celebration, as he is on his first deployment stationed in Dubai. The weather there is already in the 100's.

We are excited to bring in new talent with Voce Miste' students from the Professional Voice Studio in Rocklin.

Don't forget to invite your friends to come and see Winding Commons. If they let us know you referred them and move in, we'll take \$1000 off your monthly rent once they've lived here 60 days.

Wishing you a wonderful month full of sunshine and happiness.

Winding Commons

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Diane Pittman, Angie Carr, Aura Guerra, Pam Keil, Housekeeping

Clay McAmis, James Forehand & Pam Kiel, Evening Porters

TBA
 Chef/General Manager, Sodexo

Deanna's Download

It looks like spring has finally arrived along with our baby ducklings. This is a great time to begin our outdoor dining. The tables have been cleaned and will be ready for you on May 1st. It will be available on a first come, first serve basis.

I want to thank all of you for your cooperation during the "Parking Lot" renovation. This is something that we do every five years and your help made this task a successful mission. It looks great!

Starting this month, we will start placing copies of the weekly menus on the table outside of the dining area instead of your internal mail boxes. This will allow everyone to get their menu since occasionally people grab the wrong one from the boxes.

Our Mother's Day Brunch Buffet and Memorial Day menus will be out soon, so keep an eye out for them.

I hope you can join me for my "Fused Glass" class on May 18th at 10:00am. Space will be limited, so please sign up as early as possible. Each resident that takes the class will receive their pendant after the firing process is complete. I'm looking forward to spending this time with you.

From the entire Winding Commons team, we want to wish you a very Happy Mother's Day.





April showers bring May flowers and so does our resident, Jim Warren! What a beautiful Garden Club addition with all the various flowers and California poppies. When you get a chance, check out the raised planter in the back parking lot area. Hats off to you, Jim, for a job well done! If anyone would be interested in helping with our garden, please see Mary.

Winding Commons Derby Day will be back track on Friday, May 4th, at 2:00pm. Bet on the ponies, win some great prizes and wear those derby hats! Mint juleps and appetizers will be served. Don't forget to watch the 144th Kentucky Derby on Saturday, May 5th!

We're going back to Woodbridge Winery for our annual wine tasting and picnic on Tuesday, May 8th and we'll be leaving at 10:00am. There is no charge for the picnic, but wine tasting is \$5.00. Do not miss this fun day!

On Friday, May 11th, at 1:30pm, come kick up your heels and learn to Country Line Dance The Boot Scootin' Boogie and other favorites. The Happy Trails Duo Country Western Band will be playing at 2:30pm for your dancing pleasure. Put on those western duds and join in on the fun!

We have a month of fun-filled events and daily activities. Make sure and check your activities calendar for the times and dates. I would like to thank our resident volunteers that make Winding Commons a wonderful place to live. Wrapping up for now and getting prepared for our sizzling summer!

Mary Singewald,
Activities Director



May Birthdays

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

- Nadia Carey, May 1st
- Joan Higgins, May 15th
- Josephine Handy, May 18th
- Jane Klinge, May 20th
- Gina Fulwiler, May 21st
- Fran Green, May 23rd
- Eda Bartels, May 29th
- Ann Shaw, May 30th



Please give a warm Winding Commons welcome to the following new residents:

- Margret Sjodin 3/30
- Betty Geurin 3/30
- Barbara Ashley 4/7
- Renee Sermon 4/14
- Earl and Barbara Renken 4/21
- Cindy Miller 4/21



May's Resident Profile

by Mary Singewald

A native of West Dayton, Ohio, where she was born to first-generation Italian immigrants on June 11, 1918, **Lillian Gallichio**, who was encouraged by a teacher to stay in school, earned her bachelor's degree from Ohio University and her master's degree and teaching credential from the University of Michigan before relocating to California. Possessing a natural talent for teaching, Lillian enjoyed a 36-year career in higher education as a teacher at California State University Sacramento, Cosumnes River College and American River College, during which time she taught such subjects as psychology, teacher training, counseling and physical education.

Lillian retired in 1979 and joined the California Retired Teachers Association. She helped to form a new chapter of the Association, Sacramento Northeast Division 75 in 1984. Lillian received special public honors and commendations by the Honorable Richard Pan 6th Senatorial District as a tribute to her exemplary record of professional and community service.

Lillian loved and enjoyed teaching children how to swim. Her fondest memory was helping a three-year old jump off the diving board. She enjoyed playing golf, camping and her many friendships.

On June 11th, Lillian will be celebrating her 100th Birthday. I have truly enjoyed Lillian's residency for the past six years helping me with suggestions for our activities program. Lillian thought the piano was in the wrong place and suggested its now permanent location. With our lobby being so open, it sounds great now because of the perfect acoustics. We appreciate this talented and very creative lady.

Lillian's outlook: "It's been a good life, even rough at times with many ups and downs. My father's bottom line was 'You give a man an honest day's work for an honest dollar. Don't expect something for nothing. You earn it.'" It seems like Lil took her father's advice. Thank you for many jobs well done!

Man's Best Friends



May 6–12 is Pet Week, a week to honor our nonhuman companions. Pets have been shown to make us more empathetic and even interact more with others. Pets also offer

many health benefits, too, such as lower stress, sharper executive function, even a reduction in physical pain. Moreover, people who own pets get more exercise, both physically and mentally. In many ways, our pets do much more than just act as companions. Three-year old Alida Knobloch of Georgia is literally attached to her pet goldendoodle, Mr. Gibbs. That's because Mr. Gibbs carries her heavy oxygen tank. Alida suffers from a rare form of lung disease that makes it difficult for her to breathe without assistance. With Mr. Gibbs by her side and an oxygen tank carried on the dog's back, Alida is able to run and play. Alida's family is so grateful that they call Mr. Gibbs Alida's "four-legged lifeline."

When a wildlife park became overcrowded with animals, Casey Anderson stepped in to save a baby grizzly bear. Little did Anderson know that the bear, named Brutus, would grow to be one of his best friends and even be the best man at his wedding! Anderson's love of grizzlies led him to found the Montana Grizzly Encounter sanctuary. When Brutus isn't roaming the park, he may be found cuddling with Anderson or eating at the dining room table.

An eight-year-old girl from Seattle befriended an entire flock of crows. As a four-year-old, she often spilled food in her yard, attracting the birds. Over the years she began to intentionally feed them. The crows, one of nature's cleverest animals, were so grateful that they began to bring her gifts in return: buttons, toys, dead fish, rocks, even a plastic heart, which, the girl says, proves "how much they love me." Animals may not be human, but they often bring out the best in us, so during Pet Week make sure you do your part to thank the animal that has given you so much.