

Messages of Love

How does one write the perfect love note? Let me count the ways on September 26, Love Note Day. Whether you pen a love note to make an ordinary day extraordinary, or jot some loving words down in a greeting card, penning a heartfelt love note takes some practice.



The sonnet was the preferable form for a love note for hundreds of years. It was invented by the Italian Giacomo de Lentini in the 13th century. The word *sonnet* means “little song,” and it is a 14-line poem with a variable rhyming scheme that always

ends with a turn of thought or sentiment. As you can see, a sonnet is a highly technical piece of writing, perhaps better left to poets like Dante or William Shakespeare. However, if you truly wish to woo your love, then a sonnet is the traditional choice.

Modern times, however, may require modern methods. A greeting card, a poem, or a note on a napkin must all be sincere. It is important to speak from your heart. And don't just write “I love you” or “You're beautiful.” These generic phrases, while true, are uninteresting. It is of utmost importance to be particular. Mention details and things you love: the smell of hair, the way she likes her coffee, his obsession with crossword puzzles. Show that you've noticed things that no one else but a true love could have possibly noticed. That is love.

Why is it important to a relationship to write love notes? Writing down your thoughts and feelings makes them permanent. Also, it is often easier to describe your heart in writing when you are alone and thoughtful than to express your truest thoughts and feelings on the spot in front of another person. Perhaps you'd like to start by writing a letter and not sharing it? The simple act of writing about your love for your beloved is a way to rejuvenate your feelings for them. So let your love flow from your pen. And if you're feeling really ambitious, try to make it rhyme!

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

Hilary Pimentel
 Marketing Director

Looks like were finally cooling down outside. I love seeing all of our beautiful trees change colors in fall. We have some great things happening this month. We'll start the month off with Michael Kravchuk and his students performing on the evening of the 7th. Next, on the 12th, we have a new entertainer, Michael Ely. He has rave reviews from our sister property! On September 18th, Alpha One, the first responder company that does a great job checking our blood pressure, will be here to go over their services and how they can help you in times of need, instead of calling 911. On the 22nd, we have a presentation on the “Sandwich generation”. This would be a great time to invite your kids to the community. Jocelyn from American River Companion Care has some great ideas on how to make life easier when juggling work, kids, and caring for your parents.

Also, don't forget friends make the best neighbors!! If they move in, you'll receive a referral bonus of \$750 off your rent after 60 days.

Have a great September!

Winding Commons

6017 Winding Way, Carmichael, Ca 95608 (916) 485-0100



Deanna's Download

Fall is such a wonderful time of year in Sacramento. I hope it lasts a while since we've had such a hot summer.

Speaking of summer, we have a fabulous Labor Day Barbecue planned for you. The menu has been posted and the sign-up sheet for guests is on the stand under the menus before you enter the dining room.

I've been getting great feedback about the dining experience here at Winding Commons. As most of you know, we have been holding Food Committee meetings for the past several months. My plan is to change up the committee after every 6 months to get new feedback, so we can continue to offer great meals and service to our residents. If you would like to participate in the Food Service Committee, please let us know in the office. We meet on the last Thursday of every month at 2:00pm.

I would like to give a special thank you to the all of the residents who have participated on the committee since the beginning of the year.

Thank you for your time, honesty and great feedback!

Joanne Moore	Ken Beik
Dorothy Halverson	Fred Madigan
Kay Wolf	Jane Klinge
Charlotte Murphy	Laverne Weaver
Keith & Sylvia Roberts	Frances Petefish

Winding Staff

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 Maintenance

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

Clay McAmis, James Forehand
 Evening Porters

David Whitman
 Chef/General Manager, Sodexo

Out and About at Winding Commons
Mary Singewald
Activities Director

Gearing up for autumn and the holidays. September is the start of the most beautiful time of the year. Winding Commons has a month full of fun outings and events.

We start the month on Tuesday, September 4th leaving at 10:00am to the California Museum which has a special exhibit “California at Bat” all about the history of baseball in our great state. Just in time as we are getting ready for the World Series. Please see Mary and sign up in advance for this fun day out. Seating is limited.

Our annual Apple Hill visit and picnic will be on Tuesday, September 11th leaving at 9:30am. We will be visiting our friends at the High Hill Ranch. Mary will provide the picnic and apple pies. Do not miss this! Beautiful surroundings, beautiful people and great food!!

Our next two Tuesday outings will be September 18th luncheon at the Casa Garden Restaurant and Tuesday, September 25th trying our luck at Jackson Rancheria. Please check your activities calendar for times and dates of all our outings. Make sure and sign up in advance in the mail room.

Start preparing for the Holidays and the New Year which will be coming up soon. We have several exercise classes available 5 days a week, a very popular Balance Class is held on Thursdays at 9:00am. Please join us. Stay fit and have fun as we prepare for the Holiday Season at Winding Commons!

September Birthdays

In astrology, Virgo’s Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Please join us for the Birthday celebration on Sept. 5th.

Mary Jo Nipper – 9/3
Clair Stone – 9/8
Frank Levings 9/28

In the Zone

Without the ozone layer to protect Earth from the sun’s harmful ultraviolet radiation, we would all be toast, which is why September 16 is the International Day for the Preservation of the Ozone Layer. In 1985, scientists discovered that the use of harmful chemicals was creating a hole in our ozone layer over Antarctica. Two years later, countries all over the world signed the Montreal Protocol, promising to end using such harmful chemicals. So, the good news is that this holiday has been a success! The harmful chemicals that destroyed the ozone layer were banned, stopping further depletion of the ozone layer. Scientists now expect that the hole in the ozone layer could be entirely healed by the year 2060, as long as countries adhere to the ban—which means we get to keep on celebrating!



Oktoberfest in September

The annual German celebration of Oktoberfest begins on September 22, which is confusing to many. Why would a festival named for the month of October actually begin a month early? It wasn’t always the case.



Oktoberfest began as a fabulous wedding celebration on October 12, 1810, when the Bavarian Crown Prince Louis married Princess Therese von Saschen-Hildburghausen. The Bavarian royal family invited all the citizens of Munich to celebrate the occasion on the fields in front of the palace gates. The fields were named *Thereseinwiese*, “Therese’s meadows,” in honor of the bride. For five days, the people of Munich ate, drank, danced, and otherwise partied to their hearts’ content. Finally, on the last day, a dramatic horse race ended the reveling. The townspeople had to wait only a year before the celebration was held again, and then every year afterward as an annual festival. Over the years, it became bigger and better.

Oktoberfest became an agricultural fair, showcasing the bounty of Bavaria’s farms. Carnival games like bowling and tree climbing were added, and prizes were awarded. So much was packed into Oktoberfest that organizers had no choice but to extend the celebration to 16 and sometimes 18 days. Finally, it was decided that October was far too cold for such an event. The shorter days meant chilly nights, so the start of Oktoberfest was moved to September, and no one ever bothered to change the name—not that anyone even cared, for Oktoberfest has always been a point of pride for Bavarians. It is still celebrated today as the world’s largest *Volksfest*, or beer festival and fun fair. Indeed, the Bavarian beer halls and their Oktoberfest beer are famous. Since 1887, participating breweries have enjoyed their own parade to kick off the festivities. And since 1950, the celebration has officially begun with a 12-gun salute and the tapping of the first keg of beer by the Lord Mayor of Munich. As they say in Bavaria, “Prost!”

Yes, Virginia

On September 21, 1897, the *New York Sun* newspaper published an editorial called “Is There a Santa Claus?” It was during that year that eight-year-old Virginia O’Hanlon asked her father if Santa Claus existed. He suggested that she write her question to the local paper. Francis Pharcellus Church, one of the newspaper’s editors, had no idea that his reply to Virginia’s query would be one of the most reprinted editorials in the world.

Church was a war correspondent during the Civil War. His experiences had made him cynical and an atheist. He had not wanted to write the editorial and refused to have his name attached to the reply. But he did write it, and rather than give a straight and simple answer, he wrote philosophically about the existence of fairytale-like figures and how they should give us all faith and joy in the profound innocence of childhood, and, as Church put it, in the existence of “love and generosity and devotion.” When he wrote, “Yes, Virginia, there is a Santa Claus,” he was arguing that, despite all he had seen during wartime, humanity was still decent and good.

A Hummer of a Bird



September 7–9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make their way back to warmer southern climates. Hummingbirds, sometimes called hummerbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they make a humming sound. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. So why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.