

Nothing Trivial



It is a little-known fact that January 4 is Trivia Day. Ahh, trivia, which for many is considered useless or trivial knowledge. But the word *trivia* has nothing to do with the useless or unimportant.

Rather, it comes from the Latin word *trivium*, which means “crossroads” or “place where three roads meet.” From *trivium* came the word *trivialis*, meaning “found everywhere” or “commonplace.” In medieval times, the *Trivium* of academia referred to a threefold curriculum of grammar, logic, and rhetoric, as opposed to the *Quadrivium* of arithmetic, music, geometry, and astronomy. In fact, the *Trivium* was considered the essential foundation of a full liberal arts education as far back as in ancient Greece, as explained by Plato in his dialogues. As you can see, there is nothing at all trivial about the *Trivium* or about the meaning of the word *trivia*.

Researchers even argue that trivia games are good for the brain. People enjoy guessing answers to questions about little-known facts. Psychology professor John Kouinos explains that your brain experiences a dopamine rush when getting the answer right. It just makes the brain feel good. Kouinos compares collecting facts to a person who collects stamps. “The more, and the rarer, the better,” he says. Psychologist Deborah Stokes also points out that retaining information, no matter how useless that information may be, is like exercise for the frontal cortex of the brain as it ages. Moreover, trivia games often don’t happen in isolation. People enjoy playing trivia games in social settings, which is an added bonus to brain health.

To get you ready for your next trivia challenge, check out these weird bits of knowledge: Oscar the Grouch was originally orange and didn’t turn green until the second season of *Sesame Street*; Hydrox creme-filled chocolate sandwich cookies were invented four years before Oreos; and Wayne Allwine, the voice of Mickey Mouse, married Russi Taylor, the voice of Minnie Mouse.

January Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

RESIDENT’S BIRTHDAYS:

Eula Shelley	1/3
Else Hildebrandt	1/4
Eleanor Oldfield	1/9
Darrell Rieschick	1/30

WELCOME NEWCOMERS!

Rosemary Gorman
Kay Nowlin

Important Telephone Numbers

Office Hours

Mon – Friday 8:30am-5:30pm
Saturday & Sunday 9:00am-5:00pm
Office 916-485-0100 fax 916-485-0611

Transportation 916-870-0738
Dining Room 916-485-0361
Police Non-Emergency 916-264-5471
Emergency & Fire 911
Comcast Cable 1-800-266-2278
A T & 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

Winding Commons

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Winding Staff

Deanna Brewer
Community Administrator

Hilary Pimentel
Marketing Director

Cheryl Boyd
Resident Relations

Lyndy May, PT
Resident Relations

Mary Singewald
Activities Director

Rudy Carmona- Bruce Stuebing
Transportation

Bill Ashwell & Robert Rosker
Maintenance

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

Clay McAmis, James Forehand
Evening Porters

David Whitman
Chef/General Manager, Sodexo

Deanna’s Download - Deanna Brewer Community Administrator

Happy New Year everyone! I’m wishing all of you a year of great health and happiness.

I want to let you all know that two of our staff members received special Employee Recognition Awards at the Ray Stone Holiday Party. Angie Carr received the award for “Housekeeper of the Year” and Hilary Pimentel received the award for “Marketing Director of the Year.” They were given these awards out of all of the Ray Stone communities and were based on excellent performance and are very well deserved. I am very lucky to have both of these ladies on my team here at Winding Commons.

We are always planning events, outings and guest speakers for 2019 and would love any suggestions that you may have. If you would like to give us your thoughts, please submit a note in writing to Cheryl or Lyndy at the front desk.

I also wanted to share with you that we received a “Thank you” from the Voter Registration and Elections office for hosting the drop box at our community. They said this was a record turnout for the midterm General Election in Sacramento County’s history. As you know, the box was stuffed to the gills. The number of votes received at our location was 2087.

Love,

Deanna

Out and About at Winding Commons

Mary Singewald-Activities Director

December was a very busy month filled with a lot of fun activities and events as we celebrated another terrific holiday season at Winding Commons. Are you ready for the New Year?

Join us for lunch at Mimi's in Folsom and visit the new Seaquest Aquarium at the Palladio in Folsom. Make sure and sign up in the mailroom. We will be leaving at 11:00am on Tuesday, January 8th. Admission to the aquarium is \$12.95 for seniors. Come join the fun!

On Tuesday, January 22nd, at 10:00am, we will be spending another fun day at the Studio Movie Grill in Rocklin. Enjoy lunch and a movie. Movie TBA. Tuesday is \$5.00 ticket day. If interested, please sign up and prepay in advance so I can make reservations.

We are happy to announce that our very experienced tour guide and resident, Dwight Davis, has invited us back to the Sacramento Railroad Museum on Tuesday, January 29th, leaving at 10:00am. Dwight has promised us another fantastic tour, as we will be his guests for the morning. If interested, please see Mary for details. After the tour we will be having lunch in Old Sacramento. Admission to the museum is \$12.00.

I am looking forward to 2019! This is my seventh year now at Winding Commons. Every year gets bigger and better. How fortunate I am to be working with such wonderful residents and staff. May the New Year bring many wonderful adventures and good health. Remember, live, laugh and love! Our motto at Winding Commons.

Happy New Year 2019!

Love,

Mary

Bye-Bye to Dry

The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin. Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees. Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don't apply too much. Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn't need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

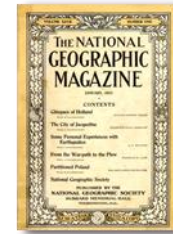
Burst Your Bubble



We wrap up the last Monday in January with Bubble Wrap Day, a day to pop to your heart's content. Why do we get such satisfaction from popping bubble wrap? The answer may lie in the healing power of touch. Psychology professor Kathleen Dillon turned to the ancient Greeks for an answer, and she came up with a "fingering piece" or "worry stone," often a smooth stone carried in a pocket. Rubbing the stone with one's fingers brought about a soothing sense of calm. The same sense of relaxation has been attributed to Catholic rosary beads and the practice of doing needlework. Keeping our fingers busy, it seems, has an intensely calming effect. So, too, does popping bubble wrap. When we are stressed, our muscles tense. Tiny actions such as rubbing stones, tapping fingers, wiggling feet, or popping bubble wrap release nervous energy, and with each burst bubble, more tension is released and the happier we get.

A History of Exploration

On January 13, 1888, an elite group of 33 explorers, scientists, academics, and wealthy financiers met at the Cosmos Club in Washington, D.C., with a common goal: "the increase and diffusion of geographical knowledge." Their organization was officially incorporated two weeks later, on January 27, as the National Geographic Society. The Society's first president, Gardiner Greene Hubbard, was not a scientist but a lawyer and philanthropist. He embodied the organization's mission to share scientific knowledge with the layperson and to open up the world to everyone.



It took nine months for National Geographic to publish its first magazine, and it was not meant for a popular audience. It was a scholarly journal filled with short, technical articles mailed to only 165 charter members. Then in 1899, Gilbert H. Grosvenor was hired as the magazine's full-time editor by Society president Alexander Graham Bell. Grosvenor changed the publication from a scholarly journal into a popular magazine full of general interest articles and full-color photography. Its images were so striking and beautiful that circulation grew from just 1,000 to over two million. Grosvenor became known as one of the "fathers" of photojournalism and one of the champions of creating a national parks system in America. Grosvenor's legacy continues today, with the magazine's worldwide circulation at 6.7 million.

The *National Geographic* magazine is certainly the Society's most important and well-known outlet for spreading knowledge, and all revenue from the magazine is used to sponsor new expeditions and research. Indeed, the National Geographic Society has aided some of the world's most fascinating explorations: Robert Peary's journey to the North Pole, Jacques Cousteau's dives to the deepest parts of the seas, Hiram Bingham's uncovering of Machu Picchu, and Jane Goodall's communes with chimpanzees. For over 130 years, it has stood by its original motto, and it continues to make important discoveries, such as an ancient megalopolis hidden in the Amazon jungle and new species of tarantula living in the Andes mountains.

Marketing Minutes

Happy New Year!!! We are starting the year off with a great new performance on the 2nd with Christopher Oates Musical Marionettes. This should be a lot of fun. On the 4th we will have Arnold Kunst here to tell us about Abraham Lincoln and his wisdom that led us through the Civil War. Pianist Michael Kravchuk will be here with his students to perform a wonderful recital for us on the 11th. Last, but not least, join us for a happy hour worth lifting your glass to with Capitol City Reflections. I am excited to share with you that I was recently recognized as Marketing Director of the year for Ray Stone Inc. at our Corporate Holiday Party. The last two years have been amazing, and I have learned so much from each one of you. Thank you for keeping me on my toes.

Wishing all of you a happy and healthy New Year!

Hilary Pimentel

A Life in Words



Amazing. Stupendous. Astounding. Those are just a few ways to describe Thesaurus Day on January 18. This day commemorates the birth of Peter Mark Roget, who published the world's first thesaurus in 1852. Roget enjoyed making lists as a young boy but then moved on to a life of medicine and science. However, he never forgot his passion for words. In 1840, Roget retired from medicine and spent the rest of his life on his dictionary of synonyms, which he called *Roget's Thesaurus of English Words and Phrases Classified and Arranged so as to Assist in Literary Composition*. His thesaurus was originally organized not alphabetically, but by concepts like *Space*, *Matter*, *Intellect*, and *Existence*. His handy tome has never been out of print and has sold more than 40 million copies—a countless, innumerable, and multitudinous number.