

# Winding Commons

Winding Commons Senior Community | 6017 Winding Way-Carmichael | 916-485-0100



## The Wonder Drug

The ancient Egyptians used willow bark as a remedy for aches and pains. The ancient Greek physician Hippocrates wrote that willow bark could relieve pain and reduce fevers. It wasn't until the 18th century that the remedy was rediscovered by Edward Stone, a cleric of the Church of England who wrote a report detailing how powdered willow bark seemed to relieve the symptoms of patients in his care. In 1829, a French chemist named Henri Leroux finally isolated willow's magic and medicinal ingredient, salicylic acid. With such a long and documented history, why is it that the German chemist Felix Hoffmann is credited with the discovery of aspirin on August 10, 1897?



Sure, prior to Hoffmann's discovery, salicylic acid had been discovered, isolated, and even synthetically manufactured. But no scientist had yet discovered how to deliver it in reliable medicinal doses. Too much of the stuff could make you horribly sick or possibly put you in a coma. It was Hoffmann who, while working at the Bayer company to find a treatment for his father's rheumatism, first synthesized a less acidic and less harmful version of the medicine by combining salicylic acid with acetic acid. This pure and stable form was known as *acetylsalicylic acid*, or ASA.

ASA was tested and proven to be an effective analgesic (pain reliever), antipyretic (fever reducer), and anti-inflammatory. By 1899, Bayer was manufacturing the new medicine and shipping it out to doctors in glass bottles under the trade name Aspirin. By 1915, it was sold over the counter in tablet form and was widely hailed as a wonder drug.

Today, aspirin is known as a pain reliever, heart attack preventer, and possible cancer preventer. 120 billion pills of the stuff are consumed every year, and it is on the World Health Organization's List of Essential Medicines. While aspirin is not suitable for every patient or every ailment, it certainly lives up to its billing as a wonder drug.

## August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

JoAnn Rogers –	August 3 <sup>rd</sup>
Bobbie Tabako –	August 7 <sup>th</sup>
Willard Weekly –	August 8 <sup>th</sup>
Dwight Davis –	August 9 <sup>th</sup>
Gussie Magner –	August 10 <sup>th</sup>
Gerald Marenich –	August 12 <sup>th</sup>
Kay Nowlin –	August 14 <sup>th</sup>
Connie Marshall –	August 16 <sup>th</sup>
Fred Madigan –	August 18 <sup>th</sup>
Tom Wentworth –	August 19 <sup>th</sup>
Pat Larsen –	August 24 <sup>th</sup>
Charles Azen –	August 29 <sup>th</sup>

## Fun Fact—Guess Who from Winding Commons?

Here are the 3 fun facts on one of the residents here at Winding Commons. See if you can guess who it is??

- I used to be an introvert
- I went to Kindergarten in Puerto Rico
- I was a Sunday School Superintendent

If you know who this person is here, please come to the office and claim your prize!! First person to guess wins!! Good Luck 😊



## The Gold Rush

On August 16, 1896, prospector George Carmack and his family were looking for gold along Rabbit Creek, a tributary of the Klondike River in Canada's Yukon Territory. Gold was discovered in vast quantities, and Carmack immediately filed claims to mine the land. Word of the find quickly spread, and by the end of August, the length of the entire creek had been claimed by gold miners. Not even winter could stop the miners, and prospectors raced by dog sled to the Klondike and the newly renamed Bonanza Creek.

It wasn't until July of 1897 that the first shipments of Klondike gold arrived in the cities of Seattle and San Francisco. The gold shipments were valued at \$1.13 million. (That's over one billion of today's dollars!) Word of the gold spread like wildfire, and soon prospectors from all over the world was flooding the West Coast and preparing for the journey north. A great economic boom hit cities like Seattle and San Francisco, which birthed outfitting and supply industries for the prospectors.

It is estimated that 100,000 people attempted the trip into the Klondike between the summers of 1897 and 1898. Many gold-seekers had no experience whatsoever in mining or prospecting. Mass resignations occurred across the country as people left their livelihoods behind to search for riches. Even Seattle's mayor left his post to try his luck. Of the 100,000 aspiring gold miners, only 30,000 eventually made it to the Klondike.

Travel to the Yukon proved treacherous thanks to mountainous terrain and unpredictable weather. The Canadian government issued strict food and equipment requirements for prospectors to prevent death from exposure and starvation. Of the 30,000 who made it to the Yukon, only 4,000 struck gold. And of these 4,000, only a few hundred became rich. By the summer of 1898, the word *Klondike* was spoken with scorn. As rumors of gold found in other northern locales spread, the Klondike was abandoned, and the gold rush was over.

## Winding Staff

Deanna Brewer  
Community Administrator  
[winding-mgr@raystoneinc.com](mailto:winding-mgr@raystoneinc.com)

Hilary Hardin  
Marketing Director  
[winding-md@raystoneinc.com](mailto:winding-md@raystoneinc.com)

Deborah Murphy  
Resident Relations  
[winding-rr@raystoneinc.com](mailto:winding-rr@raystoneinc.com)

Lindy May  
Resident Relations  
[winding-rec@raystoneinc.com](mailto:winding-rec@raystoneinc.com)

Zhanna Burlaka  
Activities Director  
[winding-ad@raystoneinc.com](mailto:winding-ad@raystoneinc.com)

Doug Stevens  
Transportation

Bill Ashwell & Robert Rosker  
Maintenance

Diane Pittman, Angie Carr,  
Aura Guerra &  
Gail Emery  
Housekeeping

Clay Mc Amis, James Forehand  
Evening Porters

Victor Garcia  
Executive Chef – Morrison



## Activities Corner by Zhanna

Welcome to the last month of the summer, August!!

Our fun event of the month is **“The Price is Right!”** This game’s theme is “In the Tropics”, filled with mystery price items all related to the beach, ocean, or really, anything tropical. Come dressed to match the theme, wear a Hawaiian shirt, lei, dress, etc. and enter our giveaway raffle. Join us on **Tuesday, August 9<sup>th</sup> at 2:30pm in the Media Room.** Join in on the fun, guess prices, play the game and win!!

Check your calendars for the **Poker Walk** days, we play it twice a month. Be sure to collect your envelopes before coming to the **Poker Walk meeting at 1:00pm.** If you need a reminder, where the envelopes are stationed or the rules of the game, please see the front desk.

Our last **Ice Cream Social** of the year is **Monday, August 15<sup>th</sup> at 2:30pm in the Media Room.** Celebrating the last month of summer, we’ll have a sherbet social.

For those of you that filled out survey forms for board games, we are now having **games every other Saturday!** The Media Room will have Monopoly, Uno, Cards, Yahtzee, and Mexican Train available to you to play!!

Our **Educational Presentation** this month will be on President Lincoln’s West Coast Connections with Guy Fraker. Guy is a Lincoln Scholar and author of two books. You will enjoy this historical presentation and won’t want to miss it. **Thursday, August 25<sup>th</sup> at 1:00pm in Media Room.**

If you are an avid card player, the Blackjack group is looking for an additional dealer. Please see me if you’d like to deal on Thursdays at 2:00pm. Trivia with Kay is looking for someone to take over the Trivia game played on Wednesdays at 7:00pm. If you’re interested in leading the game, please let me know. I hope you all enjoy all that August has to offer, enjoy the activities and events!!!  
-Zhanna

## Chain Reaction

Your stomach might start to growl when you learn that August 24 is Iconic American Restaurants Day. This is a day to appreciate those perennial restaurant chains that have graced the American restaurant landscape for decades. Howard Johnson’s. Beefsteak Charlie’s. The Red Barn. Sizzler. And yes, even McDonald’s.

If some of these restaurants don’t sound familiar, that might be because so many iconic restaurants are regional. Friendly’s restaurants—137 of them—were once found up and down the East Coast. In the mid-1990s, 200 Luby’s Cafeterias could be found in and around Texas. One person’s beloved restaurant chain is another person’s head-scratcher.

What makes an American restaurant iconic, anyway? A recognizable logo? A classic menu? The sheer number of restaurants? Perhaps an iconic restaurant chain offers a place that provides all the trappings of a home-cooked meal out on the road.

## Bargain Hunters



The second week in August is Bargain Hunting Week, but where can you find a bargain these days? According to experts, there are always deals to be had, if you know when and where to look.

Restaurants are often the least crowded on Tuesday, so they offer two-for-one or kids-eat-free deals to lure customers. Grocery stores often receive new deliveries each week, so you’re more likely to find discounted meats and produce on delivery day. Electronics retailers will start stocking new models in April, so shoppers often find great deals on year-old models throughout the spring and summer. Experts swear that the best airfare prices can be found at 3 p.m. on a Tuesday, as all airlines race to match discounts offered by the major airlines the previous Monday.

## Fruits & Vegetables in Season

From crisp corn to juicy watermelon and ripe peaches, the bounty of summer fruits and vegetables coming into season an exciting celebration of colors, flavors & textures. Here’s what’s best in season this summer so you can get cooking—or not, since all these can be enjoyed raw.

**Berries-** through berries are around for the whole year, summer brings a windfall of peak-season blueberries, strawberries, raspberries & blackberries. They’re best stored unwashed in the refrigerator.

**Cherries-** on now but it’s a very short season. Add them to salads, desserts, and salsas.

**Summer Squash-** Squashes like zucchini and yellow squash are some of the most versatile vegetables in the kitchen.

**Corn-** Long, warm days and light summer meals make fresh corn a summer must. Generally sweetest when eaten right out of the corn husk.

**Melons-** celebrate a variety of Melons and try some new ones such as: Gallia, Hami, Canary, Casaba, or Crenshaw.

**Tomatoes-** From little grape and cherry tomatoes to the large varieties of the heirlooms, summer is the best time of the year for tomatoes.

**Watermelon-** Packed with cooling, hydrating juice, it’s the ultimate heat quencher. A whole watermelon will keep at room temperature for 7-10 days. Once refrigerated it will only keep 2-3 days.

**Grapes-** Chilled grapes make the easiest snack, but frozen grapes make smart ice cubes for chilling juices or wine. The greener the stem the fresher the grapes.

**Okra-** is more versatile than you think. Okra really stands out when its pickled, it picks up smokey flavor well on the grill or when its halved and roasted into oven fries.

**Stone Fruits-** Fruits with pits like peaches, plums, apricots, nectarines, cherries (and the many juicy stone-fruits in between)—peak at different times throughout the summer. Firm seeded fruits are great for grilling.

Some of the favorites to enjoy through the summer months.

## Marketing Minutes by Hilary

Hot August Nights are here....as well as days lately. We have more new neighbors for you to meet. Michael Begovich #121, David & Mary Ann Ramos #217, Sharon Donat #214, Phyllis Rahn #131, Patricia Anderson #104, and John Cuttle #120. We still have a few apartments available so let your friends know. If you know anybody looking to move, make sure you have them come in, have brunch and take a tour. If we aren’t already working with them, you can get a \$1,000 resident referral off your rent sixty days after they move in. Once again, thank you for being so kind to guest and new residents moving in it truly makes a difference to people trying to decide where to move to. Don’t forget to stay hydrated and have a wonderful August!!  
-Hilary

## Month of August

The August Birthstone is Peridot. The Peridot gemstone is associated with growth, prosperity, love, loyalty, and protection. August has two birth flowers. The poppy and the gladiolus. The poppy comes in 3 colors.

- Red-signifies pleasure
- White-is given for consolation.
- Yellow-wishes wealth and success.

The gladiolus or “sword lily”, represents remembrance, calm, integrity, and infatuation.

