

Employee Recognition

contributed by Christine Pesola

Last month employees had the pleasure of attending the annual Ray Stone, Inc., holiday and 2022 awards party. During this party, employees who reached 5-year or more of employment, received plaques.

Aura Guerra

5-year employee (October 2022)

Hilary Hardin

10-year employee (December 2022)

Clay McAmis

15-year employee (April 2022)

James Forehand

20-year employee (December 2022)

Christine Pesola

20-year employee (January 2022)

ALL Ray Stone employees were given an opportunity prior to the party to nominate fellow employees and co-workers in 15 special categories named by our home office. The winner does not know who nominated them, but during the ceremony, the VP reads all the nominations and then announces the winner, so it is a surprise. Of the 15 categories, 9 were for the senior living communities. I'm so proud to announce that Winding Commons received **FOUR** of those awards. They are:

Activity Director of the Year 2022

Zhanna Burlaka

Impact Award 2022

Deborah Murphy

Marketing Director of the Year 2022

Hilary Hardin

Transportation Professional of the Year 2022

Doug Stevens

How incredible is that? You are living at the best senior living community with the best employees! Words cannot describe how proud and excited I am for these hard-working employees! Congratulations, team!

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 Cell 916-891-7827
After Hours Cell 916-827-7649
Kitchen/Dining Room 916-485-0361

Sheriff Non-Emergency 916-874-5115
Adult Protective Services 916-874-9377
Emergency & Fire 911
Comcast/Xfinity Cable 1-800-266-2278
AT&T 1-800-310-2355
Paratransit 916-429-2744
Yellow Cab 916-444-2222

Beauty Salon – Natasha Oberg 805-617-6367

Winding Commons will turn 20!

If you can believe, Winding Commons will be 20 years old next month! We opened our doors on February 3rd, 2003, with several residents that I personally remember moving in that first week. They were Truman & Mildred Troop, Elliott Allen, Hugh & Hilde Wilson, BJ McCallum, Ann White, and Ken & Lois Davis. More followed in March and each month thereafter.

Those days were so unfamiliar to us because we were a brand-new community with hiccups because of construction that you would not believe. We had one chef and one dining room server... it's all we needed those first few months.

But Winding continued to grow and has certainly made a name for itself after all these years.

We'll pull out all the stops for this momentous occasion we have planned for Friday, February 3rd, 2023. Stay tuned for more on that at a later date.

Winding Commons

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



Team Winding Commons

Christine Pesola
Community Administrator
winding-mgr@raystoneinc.com

Hilary Hardin
Marketing Director of the Year
winding-md@raystoneinc.com

Deborah Murphy
Resident Relations
& Impact Award of the Year
winding-rr@raystoneinc.com

Zhanna Burlaka
Activities Director of the Year
winding-ad@raystoneinc.com

Lyndy May
Resident Relations
winding-rec@raystoneinc.com

Dani Snyder
Sunday Resident Relations

Doug Stevens
Transportation Professional of the Year

Bill Ashwell & Robert Rosker
Maintenance

Angie Carr, Aura Guerra, Diane Pittman, Housekeeping

Clay McAmis, James Forehand
Evening Porters

Jennifer Padilla
Executive Chef – Morrison
jenniferpadilla@morrisonliving.com

Christine's Comments

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

How many of you make New Year's resolutions? I think we go into a New Year with great expectations but then fall short. My feelings about New Year's resolutions are to make every attempt to stick with it. They say it takes two months to form a habit. Time goes fast, and two months isn't much to ask for. So, good luck!

With a New Year comes new things! I thought it would be fun to see how long you have been living here. Each month, under the birthday announcements, we will add the years you've lived here.

Do you like to write? Do you like getting to know people? In 2023, it would be fun to learn more about one another. I'm looking for a fellow resident who would like to interview other residents who are willing to share about themselves and feature them in a new article for the newsletter called "Resident Spotlight," or whatever you think is a good title. If you're interested in taking this on, let me know. If you'd like to share an article or contribute something to the newsletter, please email it to me by the 15th of each month.

You'll see on the back page we've added Important Telephone Numbers. This is a handy list of numbers you may call frequently. Cut it out and put it near your phone for an easy reference. We'll have it there each month from now on.

*Happy New Year, everyone ~
Let's make 2023 the best yet!*

Culinary Corner by Jennifer Padilla

I hope you had a fantastic holiday and New Year with your loved ones. I am not big on setting resolutions, but as we start the New Year, I am reminded to reflect on the things I am grateful for; one of them is being the Chef here, it truly makes my heart happy! I would also like to thank my team for the way they care about you and strive to make the improvements I have asked of them; they have really stepped up and continue to learn and grow.

In January, I will have a food demo we call the Teaching Kitchen. I hope you will join me as we explore our taste buds. The superfood for January is tea, so we will get creative with tea for the demo!

Since arriving in November, I have revised six weeks' worth of menus and am making progress on improving the food quality and service we provide. I would like to get together with a few of you to discuss what is working well and your feedback in areas I should focus on. I would also like to propose modifying our approach to dinner service. It would really improve our service and your experience if I could run our dinner operation like a restaurant and take our service up a notch. This will require a few changes on your part, so let's chat about it and you can help me decide if my idea will work for our community.

Melons are out of season and taste like cucumbers this time of year, so I have seasonalized our fruit offerings. Grapes and pineapple continue to come in ripe and this is citrus season so those will be on the rotation. While I would prefer all fresh fruit, it is frosty air and cold weather that makes me turn to canned fruit as well. Rest assured as the seasons change so will the produce.

Warm regards, Jennifer

January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators. Those born from January 20–31 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas.

Penny Hill – January 4th
 John Cuttle – January 10th
 Margaret Horner – January 21st
 Dixie Boyanich – January 23rd
 Elaine Gates – January 25th
 Darrell Rieschick – January 30th
 Donald Boucher – January 30th

January Anniversaries

Dwight Davis – 5 years (January 5, 2018)
 Pat Chaney – 1 year (January 22, 2022)
 Frances Stark – 1 year (January 20, 2022)

Something NEW and a Reminder

DINING: In order to help with dining services, we are asking those residents that like to sit with one another to **please enter the dining room together**. Wait in the lobby until your entire party arrives, then enter the dining room. This will help with the flow of service at your table as everyone will be waited on at the same time and food will come out at the same time as well. Thank you!

VEHICLES & PARKING: Please remind your family and visitors that the two parking spots nearest the east door are for limited time and **DROP OFF ONLY**.

1. The handicap spot is for drop off only – no parking.
2. The other parking spot is for 20-minute loading and unloading.

Activities Corner by Zhanna

Happy New Year!! I hope you will enjoy the New Year's celebration; we want to welcome in 2023 in a glittering gold atmosphere.

Avalon Hearing Aid Centers will continue to service us the first Tuesday of every other month, starting January 3rd at 4pm in the Media Room. Emily cleans your hearing aids, checks your hearing, and replaces the battery, all for free.

Arnold Kunst, who holds an MA in history from Queen's University in Northern Ireland, taught both children and adults on both sides of the Atlantic for well over 30 years. His students ranged from the children of cabinet makers to convicted felons. His topic, "The Wit & Wisdom of Abe Lincoln" will be presented in the Media Room on Tuesday, January 10th at 1:15pm.

Our superb Chef Jennifer and I have been working together to come up with Chef-related activities for you. What used to be "Superfoods Presentation" is now called "The Teaching Kitchen" where Chef Jen demonstrates how to make quick, easy, but yummy treats at home. Please sign up for this demo by the mailboxes as space is limited. She will also be hosting a monthly Chef's Chat Q&A in the Media Room. This is your opportunity to give feedback on previous menu items, make suggestions and ask questions. Look on your calendar for dates and times.

This month is a special month for me, and my heart is filled with gratitude for many for you. Every January we celebrate our volunteers, and this year we have many of you that stepped up, led an activity, volunteered, and hosted. Our hospitality and ambassador teams have been working very hard welcoming the new resident and making them feel a little more comfortable as they settle into their new homes. I couldn't have put together the socials, events, happy hours without your help. The Golf, Volleyball, Bingo Activities, volunteers were all involved in one way or another. There are too many jobs that they do, I'd need a separate page to list it all.

So, for now, if you see any of these wonderful volunteers, please give them a warm "thank you!" They are Darrell Rieschick, Barbara Manning, Joy Jones, Charlotte Murphy, Cliff Ming, Donna Hess, Dwight Davis, Fred Madigan, George Hodsdon, Gina Fulwiler, Janelle Robinett, Jill Murrell, Joan Coulat, Karin Gunner, Kay Wolf, Patty Robinett, Naida Jensen, and Willard Weekly.

Finally, I want to thank everyone that turned in their Activity Surveys. Thank you for your kind words, ideas, and your feedback. My goal is to continuously improve our activity program, and to engage all our residents in one way or another. I read every single one of them, I hear you. Enjoy this new month, of wonderful new year ahead of us.

Introducing, Danielle Snyder

Danielle Snyder has been working for Ray Stone, Inc. since September of this year. She was sharing her time between Park Place and Roseville Commons and is now officially a floater between five different communities.

Dani started with us on December 18th and will be here on Sundays to help support Lyndy. If you haven't met Dani, please stop by the office **on Sunday** to say hello and introduce yourself.

Be sure and look at your January calendar as Dani will host two activities to keep you busy on Sunday afternoons.

Welcome, Dani!

Motorized Scooter Drivers

PLEASE slow down... remember you're liable for your own doing. Too many of you are speeding within the community. Thank you!