

## Activities Corner by Zhanna

February, the sweetest of all months, thinking about those who are near, dear, and the ones we love. Did you know February is also National Library Lover's month? Last month Kay added audio books. You can find those next to the "New Additions."

I hope you are all excited for a "special" evening celebrating 20 successful years of Winding Commons. The 20-year milestone is an emerald, represented by the alluring peacock feather theme, along with tropical purple orchids. Enjoy the evening mingling with your friends here at Winding Commons and your family. Don't forget to take pictures. The award ceremony will be one to remember! Twenty of you were nominated for a special award.

The Superbowl Party is Sunday, February 12<sup>th</sup> at 3:30pm. We are collecting a money pool, with \$1, \$2-, and \$5-dollar options. Please see Darrell Rieschick to buy in. The last day to buy is Tuesday, February 7<sup>th</sup>. Join us in the Media Room to watch the game on the large TV and enjoy the nacho bar with a variety of toppings and boozy drinks.

The Valentine's Day party is Tuesday, February 14<sup>th</sup> from 4:30-6:30pm. Bring your sweetheart, companion, or just a friend! Enjoy a lovely dinner with good company, as Michelle Devol sets the mood for a romantic, fun, and reminiscent night.

Happy hour will be a little different on Wednesday, February 15<sup>th</sup>. Enjoy the open bar, but instead of live music entertainment, you'll have a social hour with your friends here at Winding Commons and maybe a few surprises.

This month's craft class is Thursday, February 23<sup>rd</sup> at 1:30pm in the Puzzle Room. We will be making DIY heart shaped rose magnets for your fridge. Please be sure to sign up next to the mailboxes.

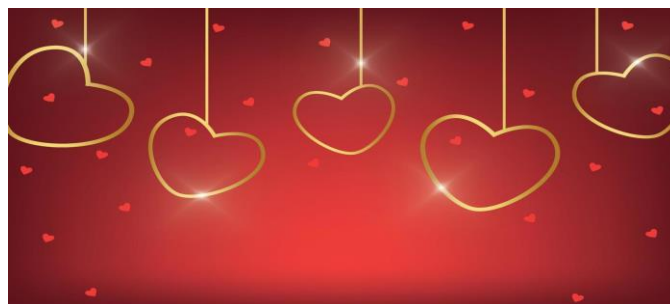
Monday, February 27<sup>th</sup> is National Strawberry Day, enjoy fresh baked scones in the lobby with your morning coffee at 9:00am.

I added a new interest list next to the mailboxes for a Beginners Spanish Class. Ruthie Chalmers is fluent in the language and would love to teach a class once a week if we can get enough people signed up.

February is a very busy month filled with exciting events and activities every week.

Enjoy the last month of winter and prepare to enter the "Spring Season".

-Zhanna



## 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

~ Be Our  
Valentine ~

# Winding Commons

Winding Commons Senior Living | 6017 Winding Way, Carmichael | 916-485-0100



## Team Winding Commons

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Transportation

Bill Ashwell & Robert Rosker  
Maintenance

Angie Carr, Aura Guerra, Diane  
Pittman, Housekeeping

Clay McAmis  
Sunday-Thursday Evening Porter

James Forehand  
Friday-Sunday Evening Porter

Jennifer Padilla  
Executive Chef – Morrison  
[jenniferpadilla@morrisonliving.com](mailto:jenniferpadilla@morrisonliving.com)

## Christine's Comments

Happy 20<sup>th</sup> Anniversary, Winding Commons! I'm so happy to be a part of such a momentous occasion. To think I was here 20 years ago when we opened our doors for the very first time to meet so many incredible residents over the years is heart-warming, to say the least.

January was a stormy month and so many neighbors in our community were without power due to high winds, downed trees, and flooding. It's been the biggest news headline of the year so far. The picture below only shows a small area of what was cleaned up and moved to the side of the driveway so that all of you could drive through without driving over tree branches.

Who do you think took it upon himself to move all those tree branches off to the side? You guessed, our one and only Darrell Rieschick! When I learned that he had cleaned up the community, I was moved. What an incredible act of kindness from one of the sweetest residents. We are so lucky to have Darrell and if you see him, be sure and thank him for all he does for you, and our community.



We have one more holiday this month. If you didn't already figure this out, starting with Thanksgiving to President's Day, that marks 5 holidays in 12 weeks. It's too bad we can't spread those holidays out more over the year, but good news, we won't have another one until May.

Donuts with me will be the second Friday this month on the 10<sup>th</sup>.

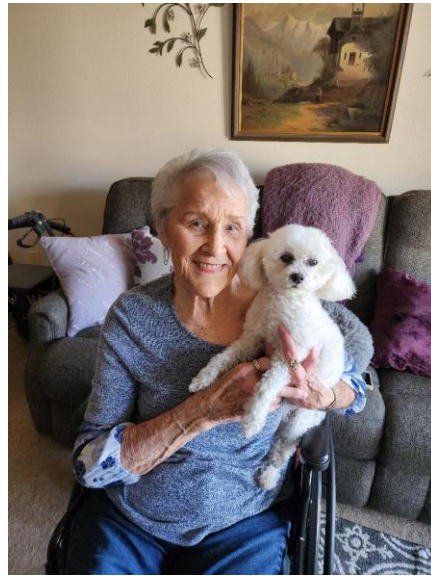
It's going to be a busy month with our Anniversary Party, Super Bowl Party, Valentine's Dinner with entertainment, just as a start! Have a wonderful and heartfelt month.



## Resident Spotlight

### Judith Cadagan, Interviewer

Jo Ann Rogers is a native Californian, growing up in Woodland until she was 12 years old, and then moving to the “fabulous forties” area of Sacramento. Later in life she owned her own home in Citrus Heights. In August 2021



she moved to Winding Commons. Her family did all the research and decided that this was the perfect place for Jo Ann and Dudley. Dudley is a fun-loving 13-year-old Bichon/Poodle mix and the love of Jo Ann’s life. He can usually be found running alongside her chair or napping in the basket on the back.

Jo Ann worked for the State of California Education Department where she was an Associate Government Program Analyst in the contracts group. She also worked for the Sacramento Police Department. Jo Ann has always done a lot of volunteer work and was also a member and Worthy Advisor of the Rainbow Girls. For hobbies, she was an oil painter and sold many of her works at craft festivals in the Sacramento area. Jo Ann’s love of oil painting was inspired by her grandmother, and she has one of her grandmother’s paintings hanging in her apartment, as well as one of her own paintings. She loved her time as an oil painter and if she had the physical space, she would love to pursue that dream once again. She has always loved travel and during her retirement, her last trip was to Spain.

Jo Ann is happy living at Winding Commons where she participates in many of the activities,

## February Birthdays

The official birthstone for February is the stunning purple amethyst. Other birthday symbols include the flowers which are Violet, Iris, & Primrose. Amethyst is said to symbolize courage and inner strength. Zodiac signs are Aquarius (Jan 20<sup>th</sup> – February 18<sup>th</sup>) & Pisces (February 19<sup>th</sup> – March 20<sup>th</sup>)

Les Gerke, February 10th  
Mario Decio, February 17th  
Larry Leonard, February 17th  
Theresa Lagomarsino, February 20th  
Janelle Robinett, February 22nd

## February Anniversaries

Mario Decio - 7 years  
Nancy Padgett – 4 years  
Judith Cadagan – 1 year  
Vickie Miller – 1 year  
Arninne Rautio – 1 year  
Beverly Radford – 1 year  
Joe Van Denburg – 1 year

such as Bingo, Pokeno and RummyKub. She loves the people, especially those that “give off good vibes.” Her greatest joy comes from her family, especially her granddaughters, great grandchildren, and (of course) Dudley!

## From the Library... by Kay Wolf

It’s a new year and there is a new section in the library. We are beginning to collect **Audio Books** for your enjoyment. We only have a very few at this point, but we are hoping to increase our section, so if you have some you would like to donate or know someone else who may have some, we would really appreciate the donations.

I am not sure if you are aware that there is no budget for the library, and we have to rely strictly on donations. Our large print library is suffering from lack of donations so once again

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## From the Library...

if you have any of these or know someone who does, please donate these items.

I know many of you read on electronic devices so you don’t use our library, but we would really like to hear from you if you read something that you really liked and could share with us. That is what our monthly Book Chat is for. You might also hear about a book that someone else has read, that you could get on your device.

One housekeeping matter I would like to mention. Please return your books to whichever library you check it out of. Also, PLEASE do not remove books from the return basket. The person that has checked out that item is responsible for it. If you want to take it, please check it out under your name so we know what has happened to it. Thank you for your cooperation and enjoy your reading time!

## Veteran Highlight

by Dwight Davis & Charlotte Murphy

A resident of Monterey, California, Canadian-born Jim Walton, voluntarily joined the United States Air Force at twenty-years old. He and his sister had chosen to become American citizens at an early age.

His first assignment took him from the cool shores of Monterey to the very warm climate of Lackland, Texas. From the “lone star state,” he was sent to Chanoot, Illinois to attend meteorology school where instructions included identifying clouds, their heights for visibility purpose, as well as taking radar readings. Travis Air Force Base was the next stop where he was given “top secret identification” classification.

One of his duty tours involved a call from an unidentified flying object, which responded to queries in the following manner: Elevation? “Classified”, Air Speed? “Classified”, Location? “Classified”. Minutes later that UFO was gliding into Travis for a safe landing! It turned out to be

## Culinary Corner by Chef Jen

January was a fun month! Thanks for the great turn out for my Chef’s demo; we enjoyed tea and spoke a bit about its history. For February, I will showcase dark chocolate, a superfood and super fun to eat.

The Chef Chat was very informative, and I appreciate the kind words and the many suggestions. I am hoping to turn dinner service into a better dining experience for all of you and my service team, but I need your help please. If you would be so kind as to try to coordinate your dinner dates and arrive at the same time to enjoy a restaurant style experience. I saw it in action, and it really made an impact. It was much easier to serve, and everyone was enjoying their courses at the same time. I have taken all your suggestions to heart, and you will see some changes to the menu and to our service as the weeks go by. Enchiladas are good, curry is bad, and less salt overall is appreciated, I hear you Winding Commons!

“One of the very nicest things about life is the way we must regularly stop whatever we are doing and devote our attention to eating!” - anonymous (and so true).

a U2 spy plane from Beale Air Force Base. In spite of many other emergency landings at Travis, Jim did not see any fatalities at the base.

He was up for transfer to go overseas, so a line of candidates was formed where he was number two. The selection board only needed one, so number one was sent to an unknown location. This location was later overrun by the enemy and one hundred percent of the personnel was massacred. By not being selected, Jim finished his tour of duty and returned to civilian life. He returned to Monterey where he enrolled in Junior College on the GI Bill and later transferred to Sacramento State.