

Resident Spotlight by Judith Cadagan

Cliff Ming moved to Winding Commons four years ago from his home in East Sacramento. Cliff's niece did the research looking for the "perfect place" for him to relocate to and be happy. When she brought him here to check the place out, he knew this was the place for him. He especially liked the building and the landscaping, and from the beginning felt it was very "homey". He had lots of plants at his home, and Winding Commons had a special appeal for him with its beautiful grounds. Cliff loves the staff and his fellow residents, and he participates in almost all of the offered activities. This fosters a real sense of community for him, and he would like to see even more resident participation.



Cliff grew up in southwest Sacramento and attended McClatchy High School. He had many hobbies but especially loved building model ships and airplanes, as well as spending time fishing, hunting, and riding horseback. Cliff spent 3 years in the United States Coast Guard during the Korean War. He was based in Alaska and served on a destroyer escort ship. After he left the service, he began working in construction. After a time, he got his contractor's license and began doing commercial and home remodels. He has always been somewhat introverted but participating in all of the activities at Winding Commons, and especially being around happy and positive people, has brought him out of his shell, and made him the Cliff we all know and love!

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

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight-saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.



Winding Commons

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Team Winding Commons

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Friday-Sunday Evening Porter

Jennifer Padilla
Executive Chef – Morrison
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Christine's Comments

The trees are already sprouting buds and soon we will be sneezing and walking around with tissues in our hands. I don't suffer from allergies, but I know many who do. Take care until spring has officially sprung on March 20th. I'm looking forward to some better and warmer weather so we can get outside and walk.

I have some special announcements and reminders to bring to you this month. First off...Bill Ashwell, Director of Maintenance for the Senior Living division of Ray Stone Inc., will join all of you and retire this month! Bill's expertise, helpful hand, and caring heart has been a cornerstone in our senior communities for the past 20 years. We wish Bill the very best! We'd like to send him off with a special going away party on Thursday, March 9th at 3pm. Please join us for cake and coffee in the Media Room and Lobby.

I'd like to introduce his successor, Duraunte Colly, Jr. Duraunte joined Ray Stone, Inc. on February 21st and his office will be here at Winding Commons. As he steps into the role of Director of Maintenance for the Senior Living division, Duraunte will be in and out visiting other senior communities, so you might not see him every day. Duraunte comes to us with extensive experience in leadership, HVAC, plumbing and electrical, among many other areas we believe will be beneficial to the senior maintenance teams. Duraunte's heart is in senior living, as he worked with Brookdale for a number of years. Welcome, Duraunte!

If you didn't already know, our very own Zhanna, Activities Director, is expecting her first baby at the end of July! Congratulations to her and her husband, Michael!

Don't forget to check your in-house mailboxes daily for updates, reminders, and important information that you need to be aware of. This is our way of communicating with you. Please get in the habit of checking it the same time you check your regular mail. Have a wonderful month!

Culinary Corner by Chef Jen



February was such a fun month beginning with our 20th Anniversary Gala, a romantic Valentine's Day, and then a little New Orleans Mardi Gras fun! My team and I had such a fantastic time making delicious food and creating memorable experiences for you. I never thought the tattoos would be such a hit, but that goes to show you what an adventurous group of people we have here at the community!

In March, we are looking forward to celebrating legumes at my Chef demo on the 9th. All beans are legumes but not all legumes are beans! On March 17th we are celebrating St. Patty's Day with a festive meal and all things green. Don't get pinched! You asked for theme dinners, and I am happy to oblige. On the 21st, I will host a Chef Chat and I really find them very productive and meaningful; so, come share your thoughts with me. If you are like me and enjoy a little dip with your chips, then March 23rd will have a little surprise at lunch for you. To round out the month, Zhanna is hosting an event in the lobby to celebrate National Flour Day on the 27th.

March 20th marks the first day of Spring and as the seasons change and the trees wake with new blossoms, I am looking forward to warmer days ahead and the flowers that the April showers bring. On that note, Sherri and I have begun strategizing about how and when to open the patio when warmer weather prevails. Robin Williams said, "Spring is nature's way of saying, let's party." So, shake off the winter chill and bask in the Spring air.



March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21-31 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders.

The March flower is the Daffodil, and the birthstone is the Aquamarine.

- Vickie Miller, March 6th
- Lindy Hawkins-Williams, March 14th
- Joy Jones, March 14th
- Charles Evans, March 16th
- Dana Gerke, March 18th
- Joan Coulat, March 19th
- Glen Courtney, March 30th

March Anniversaries

- Fred Madigan – 10 years
- Cliff Ming – 4 years
- Theresa Lagomarsino – 3 years
- Erna Seibold – 1 year
- Bobbie Tabako – 1 year

Residents, come on down! You're the next contestant on the The Price is Right! St. Patrick's Day Edition! Friday, March 17th at 2pm in the Media Room. Cookies! Prizes! Fun! Money! Laughs!



Activities Corner by Zhanna

Welcome to the busy month of March! I'm excited to announce that the interest list for the Beginners Spanish class filled up very fast. We've had a couple of successful classes taught by Ruthie and have officially added it to the March calendar. Spanish will be taught every Wednesday at 1:00pm in the media room. Because of this new addition, I have made some changes to the bi-weekly Poker Walk activity. The Poker Walk will take place on Thursday's at 1:00pm in the media room. Be sure to mark your calendars, highlighting the activities you love and don't want to miss.

Our first presentation of the month is by Adam Hultman on Identity Theft Prevention and Senior Scams, an important topic that can be useful for all of us. Join him in the media room on March 7th at 1:00pm to learn more about protecting yourself and your identity.

Michelle with the Traveling Boutique will be here March 11th at 11:00am in the lobby. She'll bring jewelry, clothing, hats, scarves and even show you how to style them. Her prices range from \$10-\$30 and she accepts payment in cash or check. Michelle has many beautiful pieces to offer you and plans to be back every other month!

Mary is a returning vendor and will be here March 24th at 1:00pm to showcase her unique jewelry in the lobby for you to purchase.

This month we have a "Veterans Special" presentation. All Veterans are invited and encouraged to join. Veterans can qualify to receive 10-20 hours of in home non-medical aide care per week – via the often-overlooked Veteran Administration Community Care Program. This is a 30-minute presentation on March 14th at 1:30pm in the media room.

Now let's talk St. Patrick's Day! We're celebrating this fun day in the media room with The Price is Right game show! We'll have cookies, green

punch, and everything else that's green and good – money! Everyone gets to participate; some of you will get lucky and some of you might even win big. I've added a new Plinko game, new prizes and yummy rewards. Everyone is welcome and encouraged to participate. The game is easy to follow and all-around fun. If you wear something green, you just might get extra brownie points.

This month's craft class is March 23rd at 2:00pm with Patty Robinett. Patty is a skilled master in her trade, jewelry making! We'll be making bracelets with many beautiful beads and stones to choose from. Please sign up next to the mailboxes as space is limited to 10 residents.

March 27th is National Flour Day. Serving "flour in the lobby" would be a little interesting, so we'll go with muffins instead! Chef Jen will have a variety of freshly baked muffins for you to enjoy in the lobby at 9:00am with your morning coffee. Yum!

Our activities are thriving, the calendar is packed with a big variety, and I've come to a point where it's become challenging to add new items to the calendar. We have so much going on, something for everyone, and that's a goal that I'll always try to keep accomplishing. I want to say a big thank you to all of those that participate, show up and encourage others to come. Our activities have grown and the number of people that show up to play games is pleasantly surprising. You make our community feel like a home, and that's our goal, to make new residents feel welcomed at every event and activity.

I hope you enjoy what March has to offer and I'll look forward to your thoughts, feedback, and support.

Zhanna~