

From the Library by Kay Wolf

I would like to remind you that the library has a policy of only checking out two books at a time. I know we have a lot of new residents, so I just wanted to bring this to your attention. New on our shelves this month will include new releases by Karen White, David Baldacci, Kate Morton and Shirley Read, among other authors you have enjoyed before.

Karen White is an author that some of you have read before. Her books are always a mystery and usually are about renovating old houses in the south. Her most recent one is "The House on Prytania" which takes place in New Orleans. Nora Trentholm may not be psychic herself, but she has spent time around people who are and know when ghosts are present. There are definitely a few lingering spirits in her recently purchased Creole cottage. This is an enjoyable read, full of fun, frightening episodes, and mystery.

Shelly Read is a new author whose first book, "Go as a River", was compared to "Where the Crawdad Sings." I probably wouldn't have picked it up otherwise. However, I found it to be an excellent read although not the same as the book it had been compared with. Seventeen-year-old Victoria Nash runs the household on the family's peach farm, where she lives with a family of troubled men. In a chance encounter on a street corner, she meets Will Moon, who is a young drifter with a mysterious past, displaced from his tribal land. This encounter will profoundly alter both of their lives.

Our new edition from Kate Morton is "Homecoming." At the end of a scorching hot day beside a creek on the grounds of a grand country house, a local man makes a terrible discovery. Police are called, and the small town of Tambilla becomes embroiled in one of the most baffling murder investigations in the history of South Australia. Many years later and thousands of miles away, a journalist is called back home to Australia because her grandmother is seriously ill in the hospital. While there she discovers a true crime book chronicling a long-buried police case

where she finds a connection between her family and the long-ago unsolved murder.

Last, but certainly not least, I need to give thanks to two very important people in my life. Laura Forbes and Barbara Manning, whom I am so thankful for. Laura takes care of the upstairs library and Barbara assists me with the downstairs library. This is a big job and certainly not one I could do alone, so many thanks go out to them.

July Birthdays

July is the astrological signs, Cancer & Leo. The birthstone is the Ruby, and the flowers of the month are Water Lily & Larkspur.

Joe Van Denburg, July 2nd
Joanne Stanton, July 5th
Rodger McGough, July 7th
Rory Hodsdon, July 11th
Charlotte Murphy, July 15th
Ruthie Chalmers, July 16th
George Hodsdon, July 17th
Dorothy Heimbichner, July 18th
Karen Patrick, July 21st
Mary Brookshire, July 23rd
Phyllis Rahn, July 25th

June Anniversaries

Marcene Jorgensen – 7 years
Beth Horlocker – 3 years
Peter Lennarz – 3 years
George & Rory Hodsdon – 2 years
Sharon Donat – 1 year

New Residents

Kay P. #125
Glen S. #140
Geri & Al T. #132
Marybeth M. #116
Hilde W. #134

July 2023

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
winding-md@raystoneinc.com

Deborah Murphy
Resident Relations
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Barbara Higley
Interim Activities Director
bhigley@raystoneinc.com
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Lyndy May
Resident Relations
winding-rec@raystoneinc.com

Doug Stevens
Transportation

Robert Rosker
Maintenance

Angie Carr, Aura Guerra &
Diane Pittman - Housekeeping

Clay McAmis
Sunday-Thursday
Evening Porter

James Forehand &
Juan Zamora
Friday-Saturday Evening Porter

Jennifer Padilla
Executive Chef – Morrison
jenniferpadilla@morrisonliving.com

Christine's Comments

I want to thank everyone for being patient and kind during our closure of the dining room late last month due to active covid cases within the community. I'm grateful we only had to deliver meals for a week. We got through it, and we always learn something new along the way.

It's important to remind everyone that if you travel and return home, listen to your body, and stay home if you are not feeling well. Wear a mask around others to protect you, more than anything. Most importantly, if you test positive for covid or are just not feeling well and will be staying home, let the office know so we can follow up with you later.

Zhanna left late last month for maternity leave; a little earlier than planned, but she is home nesting and waiting for baby Burlaka's arrival. We will let you know as soon as we hear of his arrival.

For all of our pet owners, please be responsible and do the right thing by picking up after your pooch. People are watching and see when you're not picking up after them.

Remember to check your HVAC system to see that you have cool air. Please do not wait until it's hot or until 4:00pm to turn your system on. Maintenance is here Monday-Friday from 8am-4:30pm. It's best to keep your AC on at a comfortable temperature and not wait until it's too hot for things to cool down.

Chef Jen has a yummy 4th of July BBQ planned and I can't wait as I'll be here to pass out some nice cool brews for you. Remember, boxed dinners will be available for the dinner meal that you will be able to take home after your BBQ. Have a safe and healthy holiday!



Activities Corner by Zhanna

To my dearest residents at Winding Commons, I want to thank you from the bottom of my heart for your generosity, your thoughtfulness and love for my little growing family. I was overwhelmed with how many of you came to shower baby boy with your presence, love, gifts and well wishes. Thank you for your support and kind words, we truly have the biggest, happiest community family. This is my last newsletter article until I return early next year and want to assure you that you are in wonderful, capable hands. Your daily activities, monthly events, socials, and classes will continue to thrive. Our goal is to maintain the calendar, and everything offered to you with minimal change. Barbara has many years of experience; she is excellent in this line of work so I can leave knowing you are in great hands.

Let's kick off July with a delicious BBQ Brunch!

July's craft class is a special one, hosted by Hilary and her sister Holly. Holly is a talented artist that invites you to join her in painting your very own Mama Bee + Beehive painting! With her step-by-step guidance, you will have a beautiful new painting to display. Saturday, July 8th at 1:00pm.

Due to the holiday, this month's Avalon Hearing Aid visit is scheduled for Tuesday, July 11th at 4:00pm in the media room. Stop by to see Emily and receive a free hearing check and hearing aid cleaning.

Please join us for our second Ice Cream Social of the month on Tuesday, July 11th at 2:30pm in the Lobby. We will be serving Root Beer Floats, and a sugar-free option is available as well.

A very exciting outing is planned for this month, with a Beanbag Baseball competition being held at Roseville Commons. The "Winding Commons Thunder" team will compete on Tuesday, July 18th. If you play baseball, please sign up for this outing. We are going for the "big" win.

I hope you enjoy the month of July and everything it has to offer. See you soon!!!



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 916-321-2877
 Yellow Cab 916-444-2222

Beauty Salon – Natasha Oberg
 805-617-6367

Manicurist – Lisa 916-598-6466

Tips for Staying Hydrated

It is especially important to stay hydrated as temperatures rise. Heat exhaustion and heat stroke are serious health conditions, but they can be avoided. Water is a major component in the make up of the human body. Along with other functions, the body requires water to flush toxins out of vital organs and carry nutrients to the cells. Without enough water, dehydration can cause stress on the body, bringing about feelings of fatigue, light headedness or throbbing headaches as the body loses the ability to cool down properly.

Water is the best overall source of hydration, beverages such as milk and juice are composed mostly of water. After extended periods of exercise, some minerals and electrolytes need to be replenished. A banana and water with a pinch of salt added will work, as well as a sports drink. However, most sports drinks have refined sugar which adds calories, and dye can cause allergies for some people.

Drinking iced tea or caffeinated beverages counts toward liquid intake. However, because of the diuretic effect of caffeine, these beverages may cause an increase in water loss through the urine. Especially when exercising or spending extended time in the sun, water is the best overall choice to keep hydrated.

Fluid intake can easily be complemented by eating foods with a high-water content. Watermelon, cantaloupe, and strawberries are among fruits with the highest water content. Containing slightly less water are raspberries, pineapple, plums, apricots, and peaches. Apple, cherries, grapes, and pears are also good choices. Among vegetables with high water content, cucumbers and iceberg lettuce come in the highest, and celery, tomatoes and zucchini are next. Then comes broccoli, cabbage, cauliflower, sweet peppers, and spinach. Carrots and peas are also good. Keeping your body healthy and hydrated will help increase your enjoyment.

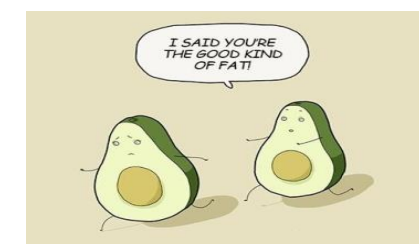


Culinary Corner by Chef Jen

As I write this, my team and I just got done delivering the Father's Day brunch and dinner. Happy Father's Day to all the gentlemen here, and I am sorry your meal was in a box. This is just a temporary setback though and by July 4th I fully expect to celebrate America's independence with all of you and your smiling faces! I did have to skip the chef chat for June, but I am always available for a chat anytime you like, and our comment cards are also available to you as well and are a great way of sharing your experiences with us.

We are kicking off summer right with our 4th of July BBQ celebration. We will provide a box meal to take home with you for your evening meal and that will free you up to watch the night sky light up!

My chef demo, the Teaching Kitchen, will be on Thursday, July 13th at 1:30pm in the dining room, I will be highlighting the superfood avocado this month. The chef chat will be on Thursday, July 27th at 1pm in the media room.



I love water. I drink 8-8oz glasses every day and when it heats up, as it always does in Sacramento, I tend to drink more. I am sharing this with you because hydration is an important part of our health and well-being, and we often don't drink enough water. So, this is a friendly reminder to fill those glasses up and guzzle some H₂O, your body will thank you for it. Oh, and adding ice to your gin and tonic doesn't count - nice try though!

Enjoy the lazy dog days of summer! Does anyone know why they call summer days, dog days?