

January 2024

Winding Commons

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



Introducing Kay O'Keefe

Happy New Year to you and your loved ones! As we bid farewell to another year, I hope you all have continued good health, peace, and happiness throughout the upcoming year. I would also like to take this opportunity to thank you all for being so wonderful and welcoming to me. I truly am excited to be here at Winding Commons with you!

A little about me... I was born in the Bronx, New York in 1970. I come from a very long line of NYC police officers. In 1991, I came to California on vacation to visit my brother and his girlfriend, who is now his wife of thirty-two years. I fell in love with the weather and location of Sacramento. I loved how I could drive a couple of hours in one direction and go to the beach. I could drive a couple of hours in the opposite direction and play in the snow. But I would never have to shovel myself out of the snow, and that was priceless to me. I decided to move here, and I never looked back.

After many years in California, I met my late husband. The first day we met, he told me I would marry him and have his children. I laughed and laughed believing it was the farthest thing from the truth, but fate has a funny way of choosing who comes into your life. My husband became my soulmate. We have three beautiful children together. Two boys and one girl. My oldest son is technically my stepson, but I consider him to be mine. I have had him since he was three years old and I have loved him as my own, therefore he is my son. I couldn't be prouder of each one of them. They are my everything. There is nothing more important to me than family, so I look forward to building new relationships here with all of you and with my co-workers. I know Winding Commons will become my second home away from home and my second family.

Important Telephone Numbers

Office Hours
Sunday-Saturday 8:30am-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
Brunch: 10:30am-12:30pm
Dinner: 4:00-6:00pm

Sheriff non-emergency 916-874-5115
Adult Protective Services 916-874-9377
Emergency & Fire 911
Comcast/Xfinity 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

Introducing Kay O'Keefe continues...

I have a bachelor's degree in healthcare management. I learned shortly after receiving my degree that medical records management was not my passion. It was not until my first job working with seniors that I realized I loved working with seniors!! And that is how my journey began in senior care. I have been working with seniors for four and a half years now and plan on continuing my journey in senior care till I retire.

Just a gentle reminder, as a resident, you can receive \$1,000 off your rent for referring a friend! If you want more details, come on in and visit me.

Here's to the New Year and new beginnings. Thank you for letting me be a part of your lives.

Team Winding Commons

Christine Pesola
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Kay O'Keefe
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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

Baby New Year, with its rich historical roots and modern symbolism, reminds us of the continuous flow of time and the opportunities that each new year brings. Whether portrayed as a cherubic infant or celebrated through the birth of actual New Year's babies, this tradition serves as a heartwarming reminder that with each passing year, we have the chance to start anew and make the most of the time that lies ahead. Here's wishing everyone a wonderful 2024!

Thank you to everyone who graciously gave gratuities to the staff of Morrison and Ray Stone Inc. You really made the holidays extra special for them!

It was brought to my attention that residents are unaware of the new dining times or meal delivery times. This information was listed in the December newsletter. Some of you have magnets that may have been given to you when you moved in. Those magnets were done before I returned to Winding Commons in August of 2022, so my apologies for not knowing you had them. Please understand that any decisions about changing office times or dining times are current and that information is communicated to you through newsletters and notices that are left in your in-house mailboxes. It's so important to check those in-house mailboxes daily. Magnets that you have are outdated so it's best to throw them away.

I have added the dining times under the phone number on the back of this newsletter. Cut this section out and put them by your phone to remind you.

For **DELIVERY** times:

Please call any time before 9:45am for **BRUNCH** delivery. The brunch delivery window is between 10:00-10:15am.

Please call any time between 12:45-3:15pm for **DINNER**. The dinner delivery window is between 3:30-3:45pm.

Happy New Year!!

In Praise of Compliments

January 24 may be the most positive day of the year—it's Compliment Day!

Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment." Also, you never know what a person is going through or how they may be feeling, and a little smile or compliment goes a long way.

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't say something vague; say something that shows you're paying close attention to the person.
3. **Go beyond the compliment.** Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
5. **Avoid comparisons.** Don't tell someone that they are better than something else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for every compliment.

January Birthdays

January birth signs are Capricorns or Aquarius. The January flower is the Carnation. Birthstone is the Garnet and Rose Quartz.

Penny Hill – January 4th
 John Cuttle – January 10th
 Anna Whitney – January 21st
 Dixie Boyanich – January 23rd
 Elaine Gates – January 25th
 Donald Boucher – January 30th

Activities Corner

Happy New Year and welcome back Zhanna!

Don't forget we changed Corn Hole and Indoor Golf to Thursday afternoons (used to be on Tuesdays) and moved Bingo and Trivia to 6:30pm. Be sure and check the calendar for all that's going on this month!

We will continue with the outings on Tuesdays and some Thursdays alternating going with our sister communities, Roseville and Campus Commons. Thunder Valley, Jelly Belly Factory, Crocker Art Museum, Blue Line Art Gallery/Lazy Dog, and Ogden Alpaca Farm and lunch at Olive Garden.

Kevin, the chair massage guy, will be taking appointments on January 3rd and January 17th. Don't forget to sign up in the outing book by the mailbox.

Patti Robinett will be hosting a Rock Craft Class on January 11th at 1:30pm in the Media Room. Please sign up by the mailboxes if you would like to attend this craft. Spaces are limited.

Spanish Class will resume with Ruthie on Wednesdays at 1pm in the Media Room.

By popular demand, we are having the "Cousin's Lobster Truck" back again in the front parking lot. They will be here on January 16th between 4:00pm to 8:00pm. We are excited to have them come back to the community again.

Culinary Corner by Chef Jen

Brr...it's cold outside but cozy in the dining room where I love to see you all gathering and dining. Persimmons, Brussels sprouts, citrus and pomegranates love this weather much more than I do, but I do love the changing of the seasons and what it brings to the dining scene.

I hope you enjoyed the holidays. The dining and culinary teams worked hard to make it a fun, magical and delicious season for you to enjoy. As I look ahead to the new year, I am delighted to continue my journey here at Winding Commons and it is on that note that I will have an exciting new experience for you to enjoy in February based on my Italian travels.

And on that note, I hope you will indulge me while I reminisce about Florence, Italy. Paul and I took the Eurail from Venice to Florence on day five of our trip. It is a high-speed train and clocked speeds of almost 300 kilometers/hour which is almost 200mph. We got to Florence in the afternoon, and I thought we could walk to our apartment. Google said it was only 16 minutes away, but I found dragging my 50-pound suitcase around a tourist laden city was not as fun as I imagined, especially with cobble stone streets and sidewalks (note to self, splurge on the taxi!) My jaw was dropping at the architecture as we panted towards the Santo Spirito neighborhood on the left side of the Arno River. When we got to the place, we found the neighborhood to be adorable, especially the award winning gelateria on the corner 20 steps from our front door. My only regret on this trip is booking an apartment on the 3rd floor with no lift. In Europe, the 3rd floor is the 4th floor. Well God bless my husband for getting my suitcase up those stairs.

We went out for a steak dinner that night at a tiny trattoria (bistro). Florence is known for their Bistecca alla Fiorentina, and especially their prized beef the Chianina. My steak had shaved black truffles on top for an extra indulgence.

Truffles are at the peak of season in Autumn in Italy, lucky me. The truffle hunting pigs that forage with the truffle hunters must have had a good year because truffles were on every menu.

The next morning, we enjoyed a walking tour that explored the Renaissance history and Medici tales. The Medici's were wealthy bankers who ruled the city and along the way inspired and hired artists like Botticelli and Michelangelo. In Florence, they credit the Medici's for helping to pave the way for the Renaissance to transpire. One of the greatest marvels is the green, red and white Cathedral of Florence, Santa Maria del Fiore in the city center with Brunelleschi's dome. The basilica was built without the dome, and it was sometime later when Brunelleschi competed for the honor of completing the project, that it was finally completed. He had to build two domes, the inner brick dome to support the outer terra cotta dome. It was quite an architectural feat for the time and a beautiful site to see. Next time, I will tell you about my adventure and almost adventure to the top of the dome!

