

Winding Commons

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



Culinary Corner by Chef Jen

Hello Residents and happy February! I am excited to bring back the Chef Chat on the 8th and the Teaching Kitchen on the 22nd. I will only have the Chef Chat every few months, so please come share your thoughts and bring menu suggestions. As spring approaches, it will bring about more changes to the current menu. I am always excited for asparagus season! We will have a Chinese New Year dinner on February 10th, it is year of the Dragon! On Valentine's Day, we will have a lovely 3-course surf and turf dinner for all of you to enjoy.

Tales of Florence continued....

So, truth be told, I am slightly afraid of heights. I scheduled a tour of the Art Academy, which houses Michelangelo's David. David is sculpted from a large piece of marble that other artists had abandoned and discarded because it was inferior in quality, but Michelangelo gave that piece of marble life. David is the most famous and enduring sculpture from the Renaissance. It is breathtaking.

The second part of our tour was the Cathedral of Florence, remember from last month the large marble cathedral with Brunelleschi's dome? Well, I scheduled for Paul and I to climb to the top of the dome, I must have had a wine buzz at the time I booked this tour. When you see how high the dome is in person and knowing I am a little afraid of heights, you may question my sanity. The interior of the church is as expected, grand and beautiful, the fresco on the ceiling of the dome caught my eye, "Final Judgement," by Vasari and Zuccari from 1579. Looking up from the ground floor you see this:



Now we are at the bottom of a very narrow staircase, and I tell my husband I would like to get to the terraces on the 5th or 6th floor and then we will head back down, he agrees. We get to where the terrace is, following behind our tour group, and discover it is closed, which was undisclosed to our tour guide. So, we have no choice but to continue up. We finally get to the top of the stairs which is the bottom of the dome. It is hard to make out but see at the bottom of the painting the rail? Well, that is where our group landed and then we waited about 300 feet above the ground floor, in a tiny corridor that overlooks the entire cathedral. It was beautiful and scary! What made my knees buckle was the waiting and waiting and across from us was this staring at me:



While the upper part of the dome fresco is of God and the good people being let into heaven, the lower part is of hell, and all that comes with it. I decided at that moment I was not making the rest of the journey to the tippy top, no thank you ladies and gentlemen, I am not! An eternity went by, and our group finally started up the narrow staircase between the inner and outer dome. I tell the nice Italian security guard I am heading back down. She tries to stop me, but I tell her it is in her best interest to let me ditch the final act of the tour. So, we head down and meet up with the tour group about 30 minutes later. As the group descended upon us, they looked like they literally had been to hell and back and by the looks on their faces, I have zero regrets of ending my tour when I did. We found a fabulous focaccia pizza café named Gustrarium that was highly rated and devoured pizza to regain our strength. Ciao!

Team Winding Commons

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Executive Chef – Morrison
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Christine's Comments

February is my birth month as well as the following individuals. As much as I have loved celebrating my birthday, the older I get, not so much LOL – Happy birthday to my fellow Aquarius's (and one Pisces).

Darrell Butner – February 4th
Carol Boeff – February 6th
Margaret Ann Dukleth – February 7th
Iris Hutton – February 8th
Les Gerke – February 10th
Janelle Robinett – February 22nd

Did any of you notice the alligator heads in the ponds? Every year we have ducks visit our ponds and reproduce the cutest little ducklings, but they make a mess, and our ponds turn green. I was watching an episode of Hollywood Houselift and saw that they put alligator heads in this guy's pool and the ducks were gone! We're going to give it a try and see what happens. Please do not remove the alligator heads. I am doing this to preserve the beauty of the ponds.

The Puzzle Room is now the Craft Room, and we moved the puzzles to the game room (where the pool table is located). Zhanna will start up crafts again this month and we both felt this was a better location for crafts.

The upstairs "library" is no more. After talking with Judith, who is our new librarian, we felt that having all the books in one location is best. We moved the bookshelves from the second floor and added them to the left wall in the downstairs library. The second floor – we haven't named it yet, so if you think of a great name for it, let me, Zhanna or Judith know. This room will become a gathering place for you to enjoy a game, a quiet conversation with one another, a place to gather with family or work on a project where you need lots of room, etc. We hope you enjoy these new updates.

Happy Valentine's Day

Activities Corner by Zhanna

To my residents at Winding Commons, I have missed you all so dearly! Thank you for welcoming me back with open arms, a smile, and many hugs. The last six months went by too fast; I am so fortunate to have spent that time with my little one at home, soaking in all the newborn cuddles and giggles.

Valentin is almost six months old; he is the sweetest, happiest baby that recently learned how to blow bubbles. He loves to play, grab, and hold his toys, roll over and sit up. He is very fond of everything pureed besides green beans and avocado. He's been working on vocals lately; I'm sure our neighbors hear his giggling and shrieking at times.

I am excited to be back and get back into my groove. My goal this year is to bring you a fun and fulfilling program, for all to enjoy. We've had quite a few residents move in, and I want to welcome you to every activity, so please take the time to look through your calendar as you'll find there's a variety of games and activities for everyone.

February brings us love, romance and sweet memories. Know that you are loved, welcomed, and wanted here. Please join us for our Valentine's Day dinner celebration in the dining room, Wednesday, February 14th 4:00pm to 6:00pm. Dance the evening away with Michelle DeVol as your entertainment. It's not just couples, it's for everyone.

Our Super Bowl party is Sunday, February 11th at 3:30pm sharp in the Media Room. You are invited to watch the game and enjoy a delicious nacho bar. Thursday, February 8th is the last day to buy into the money pool, please see me in my office if you would like to purchase squares. I will update the TV in the lobby once the pool is sold out.

Many of you have enjoyed the Cousin's Maine Lobster Truck, and I love the idea of having a food truck visit our community at least once a month. If you feel like you're wanting something

different for dinner, and don't have the opportunity to go out, check the calendar for a scheduled truck visit!! This month we have the World Fare Food Truck visit us on Saturday the 17th from 4pm-8pm.

This month's outings are taking us to the Galleria Mall and lunch at Mimi's Café, Taqueria La Nueva Vallarta in Roseville, Red Hawk Casino, Awful Annie's in Auburn, and the Folsom Zoo Sanctuary with lunch at Olive Garden. My goal is to plan outings you are interested in attending.

We still have residents sign up to go but cancel at the last minute. We must have at least five or more to still roll the bus on the trips. Please sign up if you are committed to going as reservations need to be made in advance for an exact number of people. Stop by anytime with suggestions/ideas for outings, activities, and events. You are always welcome!

~Zhanna

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

Veteran Spotlight by Charlotte & Dwight

Following the men in her family into the military, Sherri Williams (dining room supervisor with Morrison Senior Living) joined the Army in 1995. Her interest was fueled by the fact that her father, grandfather and great grandfather had all served in the military.



Her first duty station was Fort Hood, Texas where she was assigned to the transportation unit and became the Base Commander's personal driver. Further training consisted of learning to drive heavy equipment, such as the sixty-four ton heavy transporter with its forty-eight trailer wheels and ten tractor wheels. Obviously, a flat tire, or blowout when carrying heavy equipment could be ignored; no way to jack up and be repaired!!

From Fort Hood, the next stop was Fort Irwin, 40 miles from Barstow in the Mojave Desert. The following five years were spent in the desert where she was the only female in a platoon of 27 soldiers. During the time at Fort Irwin, she broke her tail bone due to the heavy transporter jostling and no seat belt. After a short recovery time, she went along with her unit to Germany.

Before transfer, she had become a Specialist E4. Driving huge transport trucks on narrow German roads became a thrilling experience; no accidents involved. After serving three years in Germany, she accepted a discharge from the Army and was shipped back to the good ole USA.

Thank you for your eight years of service, Sherri. And also thanks for your many years of amazing service to the Winding Commons/Morrison dining room.

Security Camera Update

We moved the LVT (Live View Technologies) unit outside to its current location for better coverage. During our 30-day trial in December, we noticed there was a blind spot with a section of one of the four carports in the previous location.

The unit has three cameras. One points south (entry gate and carports 1-12), one west (entry door), and one north (carports 13-24).

Between the hours of 8pm and 6am, if the cameras pick up any type of movement, a voice comes through the speaker warning of trespassing, etc. I know many of you have heard the speaker. We did have the volume lowered, so I hope this has helped.

We have also installed security cameras on the west side of the building along the exit route. The garages have two; one on the back facing the north fence line and one in front on the end. The other cameras are on the mechanical room portion of the building (near the kitchen) and on the kitchen wall to view the west driveway. The last camera is on the last light pole before you exit the gate.

The cameras are well placed and can be viewed from our computers and front office monitor.

We have seen a huge change in the number of unwanted trespassers by installing both camera systems and using additional signage around the community to notify everyone that security cameras are in use.

We are still asking you to continue to keep an eye out for yourself. Don't leave valuables in your vehicle and keep them locked. Don't leave the gate remotes in your vehicles!

The only door that is unlocked is the front doors during business hours. DO NOT open any door, especially your apartment door, to anyone you do not know. We cannot let our guard down even though we have all these cameras now. Thank you!