

## For the Love of Birds



Many have heard of the Audubon Society and know it as an environmental organization dedicated to studying and preserving birds and their natural habitats. The organization is named after John James Audubon, the French American painter of birds who dedicated his life to his unique art. His birthday, April 26, is now celebrated as Audubon Day.

Audubon showed an affinity for birds starting in childhood. He spent hours roaming the countryside, collecting birds' nests and eggs, and drawing them once he returned home. Audubon's father was a sailor and hoped his son would join the navy, so John James went to military school. However, he suffered from seasickness and so returned to the woods.

In 1803, the Napoleonic Wars broke out in France. Audubon's father obtained a fake passport and sent John James to America to avoid the war. It was at his family's farm in Pennsylvania that Audubon devoted himself full-time to the outdoors: hunting, fishing, and drawing birds.

Audubon was obsessed with birds. In an effort to study their habits, he tied string around their legs to see if they returned year after year. He learned the art of taxidermy and worked in natural museums. But his greatest contribution to ornithology was his brilliant book *Birds of America*. He dedicated his life to drawing every single bird in America. His style was new and different: a highly detailed drawing of each bird, more accurate than ever before. His drawings were life-sized, with some pages over three feet tall and two feet wide. After 14 years of traveling the entire country, Audubon drew over 700 species of birds. *Birds of America* is often considered the greatest picture book ever made, and original copies have sold for over \$10 million. How's that for a nest egg?

## 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

## Marketing Minutes by Kay

Hello Residents and Happy Spring!!

I just wanted to take a minute to thank you for all the continued support you show when I am on a tour. You really go out of your way to make our guests feel welcome and I truly appreciate it from the bottom of my heart!

I would also like to bring back a Welcome Committee to our community. If you are interested in participating, please come and see me in the office. Once I get some volunteers, we will hold a little get together to discuss some ideas.

Thank you again and enjoy this beautiful weather we are having!



# Winding Commons

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## Team Winding Commons

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Doug Stevens  
Transportation

Robert Rosker  
Maintenance

Angie Carr, Aura Guerra &  
Diane Pittman  
Housekeeping

Clay McAmis  
Sunday-Thursday  
Evening Porter

James Forehand &  
Juan Zamora  
Fri/Sat-Evening Porters

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

## Christine Comments

Hello and happy spring to you all. I have been enjoying this beautiful weather by getting outside and planting some new flowers and will start my tomato garden as well. My father-in-law, who can grow anything from tomatoes to eggplant to pomegranates, was at our home a couple of weeks ago and informed me that I'm planting my tomatoes too close to the house and it's too hot. I thought a southern exposure was all it took. Nope! Wish me luck this season!

We survived the office flooring install and we love it. There is a bit of an echo now, so please be conscientious of this when stopping by to see us. If you see Deborah on the phone, please wait patiently until she is off the phone before coming inside.

We have another month of fun things planned for all of you. Review your calendar carefully to see everything that's going on this month. Cousins Maine Lobster will return on April 2<sup>nd</sup> from 4pm-8pm. I guess our location has done well for them. I hear the lobster tacos are to die for! That's what I'm getting this time.

Zhanna has planned a Comedy Night on the 12th! We've never done something like this, so we are really looking forward to it. The Comedy Night is brought to you by the fine people who do our Casino Nights! We hope to see you all there.

We are scheduled for new carpet to be installed in the dining room the week of April 21<sup>st</sup>. The dining team will deliver meals for approximately four-five days so that we can accommodate the installers. More details to follow on this at a later date.

The second-floor game room is ready for you. We have moved all the games to a bookcase, added a six-foot table for puzzles and overflow puzzles are in the closet. Two new accent chairs have been placed for those that want to visit, read, or relax. We hope you enjoy this room as it's a great place to hang out.

## Activities Corner by Zhanna

Our first outing of the month takes us to *Steve's Pizza* in El Dorado Hills on April 2nd where you will have an opportunity to create your own personal pizza. Todd, the owner, has offered to set up a pizza making station with your basic sauces and a variety of delicious toppings. We create the pizza, and they bake it, and you get to enjoy your custom creation. How fun!

Next, we'll head to Thunder Valley Casino on Tuesday, April 9th. The week after that, Campus Commons will be joining us for lunch and bingo. If you are a regular Speed Bingo player, I encourage you to welcome our Campus friends. Please wait until 11:45am to have lunch that day as we will all be eating in the dining room together. After lunch, we'll head over to the media room for a Speed Bingo game. Prizes include snacks, lottery scratchers, gift cards and much more! Even though this "outing" is in house, I still need you to sign up as space for the game is limited.

This next outing will take us up north to Grass Valley, where the Sierra Miniature Horses Farm is found. Kim, the owner, will give us a tour of her farm, and we'll even get to meet some babies! This is an outing for all of you animal lovers. If you went to the Alpaca Farm in January, this outing is for you. We'll stop at Olive Garden in Roseville on our way back for lunch.

Finally, let's hope for beautiful spring weather because this outing is for all of you outdoorsy folks. I invite you to a picnic at Hagan Park in Rancho Cordova. This is a beautiful park with a pond, walking trails and BBQ areas, so let's fire up the grill and make some hot dogs! We'll have potato salad, chips, fruit, sodas, and water. Enjoy the weather, the scenery, and Christine's expertly grilled hotdogs.

A new and exciting event coming to our community is Comedy Night. This is a dinner and comedy show where you'll enjoy a delicious spaghetti and meatballs preset dinner, and comedy brought to you by A&A Events. We will

have an open bar at 3:30pm in the lobby. Please come ahead of time, as the show will begin promptly after seating.

Our Poker Walk game has been moved to every other Sunday, alternating with Bunco. This opened an extra Thursday for me to host two craft classes this month. The first class, on Thursday, April 11 will be a Birthday Card Making class. Our second class is on Thursday, April 25. We will be making a Pressed Flower Wooden Magnet. Please sign up to attend as space is limited.

I look forward to seeing you at our outings, the Comedy Night, and craft classes!

### April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

Erna Siebold, April 5<sup>th</sup>  
 Donna Hess, April 12<sup>th</sup>  
 Claire Massingill, April 12<sup>th</sup>  
 Barbara Manning, April 21<sup>st</sup>  
 Cliff Ming, April 22<sup>nd</sup>  
 Nancy Padgett, April 25<sup>th</sup>  
 Alberta Ballard, April 27<sup>th</sup>  
 April Wooden, April 30<sup>th</sup>

### Welcome New Residents

Sally Jo R. #215  
 Pam & Dave K. #250  
 Connie N. #120  
 Marlys B. #117

## Culinary Corner by Chef Jen

Happy spring everyone! As you may have noticed, I have begun sprinkling asparagus onto our menus. The strawberries have also been looking amazing as of late. They are giant, red, and so juicy sweet.

We had a wonderful time with our March events beginning with Pi Day! Then, back by popular demand, and a fan favorite, was our taco bar buffet. For St. Patty's Day we prepared a wonderful, corned beef and cabbage dinner that I hope you enjoyed. At the end of March, we had our Spring Celebration. It is always lovely seeing you enjoying time with your families at our holiday buffets!

In April, we have a Comedy Night that Zhanna has planned. That should be fun! We will be pre-setting salads and desserts, so our service does not disrupt the entertainment that evening. Around the 3<sup>rd</sup> week of April, the carpets will be installed, and the dining room will be delivering meals for about four days to accommodate the workers. Christine and I will have more details for you as we approach the date, and at the end of it, we will have brand new beautiful carpet!

If you were able to join my March Chef Demo, we hopefully took a trip again to the Emilia Romagna region to tour a Salumeria in Italy. I say hopefully because I am in the middle of designing it and two weeks away from presenting it, which makes me nervous; I usually do well under pressure, so fingers crossed! I know many of you watch your salt content, so I understand if you skip this one. I do think Prosciutto di Parma and San Danielle, is the best in the world. Spain has their version, Jamon di Serrano, which is slightly sweeter and delicious. America has many good salumerias, Molinari from San Francisco comes to mind as one of the older ones. Creminelli is a newer American company, developing new and exciting versions of the classics. Have you ever been to the Corti Bros deli counter?

It is the closest thing in Sacramento to Italy's charcuterie houses, and it is a chef's paradise of cold cuts and cheeses from far and wide. If you go, grab a number, and ask for a sample!!!



### Mobile Milestone

On April 3, 1973, Motorola employee Martin Cooper stood on a New York City Street corner and made the first cellular phone call to a colleague at Bell Labs in New Jersey. Unlike the first telegraph message ("What hath God wrought?") or the first telephone conversation ("Watson, come here. I want to see you."), Cooper's words have been forgotten. His device, however, is now everywhere, thanks to a purchase price far below the original price tag of \$3,995.