

Activities Corner by Zhanna

*“I wonder what it would be like to live in a world where it was always June.”-L.M. Montgomery.*

We are starting this month with a presentation brought to you by “The California Pioneer Heritage Foundation” on California Pioneers, from the Westward Migration to California to The Mexican American War and Sutter’s Fort. What a great opportunity to dive into the rich history of our state! The presentation will be held on Monday, June 3<sup>rd</sup> in the Media Room at 1pm.

Our craft classes have been getting popular and I am so pleased to offer them to you. As always, be sure to sign up by the mailboxes, as space is limited and fills up fast. Join Jen and me on June 7<sup>th</sup> at 1:30pm for a special food craft class - learn how to assemble a charcuterie board. You will be able to make your own meat and cheeseboard. I’m adding an additional creative workshop craft class on June 14<sup>th</sup> at 2pm.

The first outing of the month takes us to Newcastle Lavender Farm. It was planted in 2016 and the farm is tucked away in the foothills of Newcastle, California, among the mandarin trees and Placer Wine Trail. They grow and harvest “grosso” Lavandin which is a hybrid lavender known for its tall dark blue flower spikes, strong fragrance, and high oil content. Admission is \$12.00 and this includes a fresh bundle of lavender for you to keep. After we explore the fields, we will enjoy a packed picnic lunch.

Later that week we’ll head over to CT European Café & Grill. This is a darling European restaurant tucked away in Shingle Springs. Their menu offers a variety of breakfast and lunch options from American—European.

This month our casino trip will be to Hard Rock Casino in Wheatland on June 11<sup>th</sup> at 9:45am. The following week we’ll visit Leatherby’s Family Creamery in Lincoln for a tour of the restaurant followed by lunch.

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

Activities Corner continued...

Our big event of the month is the Resident Art Exposition on Thursday, June 13<sup>th</sup> from 3-5pm. I am so excited to be able to offer this to you, your friends, family, and prospects as we have many talented residents. What a wonderful way to showcase their work through an Open House exposition.

To make this event possible, the art show will be held in the Dining Room and Chef Jen will offer boxed dinners on this night. This is a walk-through gallery, with 14 exhibits, from paintings, to quilts, sculptures, and sequin art. This gallery wouldn’t have been possible without the creative skills of these talented residents: Marlys Bluemel, Dixie Boyanich, Ruthie Chalmers, Rayma Forrest, Linda Goldenberg, Evelyn Goldsmith, Catherine Hoehn, Sandi Mathiesen, Patty Robinett, JoAnn Rogers, Don Sherrill, Frances Stark, Karen Walton, and Kay Wolf.

Winding Commons

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



Team Winding Commons

Christine Pesola  
Community Administrator  
[winding-mgr@raystoneinc.com](mailto:winding-mgr@raystoneinc.com)  
  
Kay O’Keefe  
Marketing Director  
[winding-md@raystoneinc.com](mailto:winding-md@raystoneinc.com)  
  
Deborah Murphy  
Resident Relations  
[winding-rr@raystoneinc.com](mailto:winding-rr@raystoneinc.com)  
  
Zhanna Burlaka  
Activities Director  
[winding-ad@raystoneinc.com](mailto:winding-ad@raystoneinc.com)  
  
Barbara Higley & Pam Keil  
Sat/Sun Office Reception  
  
Doug Stevens, Transportation  
  
Robert Rosker, Maintenance  
  
Angie Carr, Aura Guerra & Diane Pittman, Housekeeping  
  
Clay McAmis, Sunday-Thursday Evening Porter  
  
James Forehand & Carol Haran  
Fri/Sat Evening Porters

Team Morrison

Jennifer Padilla  
Executive Chef – Morrison  
[jenniferpadilla@morrisonliving.com](mailto:jenniferpadilla@morrisonliving.com)  
  
Caroline, Danny, Gerald, James, Jimmy, Josh, Jyllian, Kathy, Lawrence, Mila, Nathan, Payton, Rebekah, Sherri & Terry

Christine Comments

In 1980, Texas became the first state in the United States to recognize Juneteenth as an official state holiday, and today all 50 states and the District of Columbia have recognized Juneteenth as a state holiday or observance. On June 19, 1865, Maj. Gen. Gordon Granger led the Union Soldiers to Galveston, Texas, to announce the end of the war and the freedom of all enslaved people. This year, Ray Stone Inc. has added this holiday for all employees to observe as well.

Along with Juneteenth, we will celebrate Father’s Day which is the third Sunday in June - this year the 16<sup>th</sup>. Sonora Smart Dodd of Spokane, Washington, is usually credited for originating Father’s Day. She is said to have had the idea in 1909 while listening to a sermon on Mother’s Day, which was emerging as a holiday. We’ll have a fun barbeque, and guests are encouraged to attend. Sign-up sheets and the menu will be forthcoming.

The first day of summer is Thursday, June 20<sup>th</sup>. Astronomically, however, the first day of summer is said to be when the Sun reaches its highest point in the sky, which occurs on the summer solstice (June 20-22). Therefore, the summer solstice is considered to be the first day of summer, astronomically speaking. So, remember, if you haven’t tested your air conditioner, please do so before the weather gets too hot!

Juan Zamora, our weekend Saturday Porter (and every other Friday Porter) is no longer working for us. Juan was working full time but took the position about a year ago to earn some extra money. However, with his children getting older and now playing sports, he felt it was just too much time away from home. We will miss Juan and wish him the best.

Carol Haran will be helping us out every other Friday and Saturday until we find a permanent replacement for the Saturday shift.

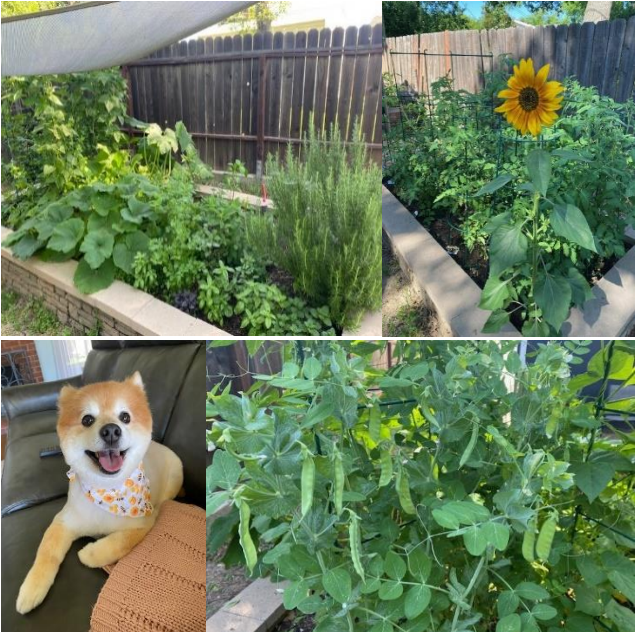
Wishing all of you a wonderful summer and Happy Father’s Day to all you dads and father-figures!



Chef’s Corner by Jen

Thank you to all the men and women here who have served in the Armed Forces. Our very own Sherri Williams served in the army and drove heavy machinery, because she is amazing! We celebrated moms, the military, and Memorial Day in May and I hope you enjoyed all our events to celebrate you!

Summer is fast approaching! I am excited for the best produce of the year to arrive from our farmer’s harvest. I too have been busy in my garden at home on the weekends and have a ton of herbs, beans, snow peas, cucumber, peppers, zucchini, berries, and tomatoes. I go out to my garden with my dog Cooper in the evening after work and enjoy looking for something to pick.



My dad was the cook in my family, and he loved to garden. I was lucky to know what a tomato was supposed to taste like growing up and it is nice to see the farm to fork movement here in Sacramento bring fresh picked produce to our tables.

My dad was a great cook, and I don’t think I would be a chef today if it weren’t for him. So, in June we celebrate our dads here and the specialness they bring to our lives with a fun BBQ on June 16<sup>th</sup>.

On June 7<sup>th</sup>, I am assisting Zhanna with her craft class since it is food related; I am looking forward to that as I hope you are too.

The Art Show will be in the dining room on June 13<sup>th</sup>. We will have box dinners for you to take home at brunch that day to accommodate the art show.

At the end of June, I will pick a night to have a taco bar buffet for you as well.

I will be ordering the three-compartment eco-containers to use for take-out orders soon. When you receive one from us, please rinse it and return it to the dining room the next day. See me, Chef Jen, with any questions and thank you for helping us go green.

Things are heating up here at Winding Commons. Stay cool folks and hydrated!

June Birthdays

If you were born between June 1–21, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party. Those born between June 22–30 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle, but they are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

- Joanne Sherrill, June 1st
- David Kiesewetter, June 9th
- Patty Robinett, June 15th
- Ruth Black, June 17th
- Irene Coffey, June 19th
- Lois Johnson, June 23rd
- John Nishimura, June 23rd
- Naida Jensen, June 24th
- Beverley Radford, June 25th
- Robin Stanton, June 28th
- Joanne Donatelli, June 29<sup>th</sup>

Welcome New Residents

Diane R. #122, Alvina R. #201 and Richard B. #249

Privacy in Senior Living

Moving to a senior living community can be a great way for older adults to stay connected, socialize, and receive the care they need. However, many people worry about maintaining their privacy and independence when living in a community setting. Fortunately, there are steps you can take to protect your privacy and feel comfortable in your new home.

Before moving into a senior living community, it’s important to understand your rights as a resident. Under the law, you have the right to privacy and dignity, and you should be able to live your life as you see fit, as long as it doesn’t interfere with the rights of others. Be sure to read your lease agreement carefully and ask questions if you’re unsure about anything.

One of the best ways to maintain privacy in a senior living community is to get to know your neighbors. By building relationships and establishing trust, you can feel more comfortable sharing common spaces and engaging in community activities. However, it’s important to set boundaries and communicate your privacy.

Personalizing your living space can also help you maintain a sense of privacy and independence. By decorating your apartment or room with items that reflect your personality and interests, you can create a comfortable and welcoming environment that feels like home. This can also help you establish boundaries with visitors and staff.

Finally, if you have concerns about your privacy or independence in a senior living community, don’t be afraid to speak up. Talk to the management or staff about your concerns and work together to find solutions that work for everyone. Remember that you have the right to privacy and dignity, and it’s important to advocate for yourself to ensure that your needs are met.

Maintaining privacy and independence in a senior living community is possible with the right approach. By understanding your rights, getting to know your neighbors, personalizing your living space, and speaking up when you have concerns, you can feel comfortable and secure in your new home.

Marketing Minutes by Kay

“It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside.” –

Maud Hart Lovelace

To me, summer represents happiness, optimism, warmth, great food, sunshine, and the chance to spend time with friends and family.

This is the time to allow yourself some lazy days, to tend to the garden, to eat outdoors, go for a walk under the stars, and just breathe in the fresh air.

As I look around me, I am constantly reminded of how delightful each of you are. I see friends helping and supporting each other. I see friends and families gathering for meals in our dining room laughing and sharing memories. I see happy faces. I see why I love working at Winding Commons. I am so very thankful for this community and the wonderful people who have chosen to call Winding Commons home.

Happy summer to all at Winding Commons and don’t forget to stop and smell the roses this summer.

