

Winding Commons

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



Goody, Goody Gumdrops

February is a sweet month for candy lovers, with both Bubble Gum Day and Gumdrops Day celebrated within weeks of each other. Bubble Gum Day falls on the first Friday of February, while Gumdrops Day is February 15. Both holidays highlight the history and fun behind these popular treats.

Bubble gum has a surprisingly long history, dating back to ancient peoples who chewed natural substances like tree resin. Modern bubble gum, however, was invented in 1928 by Walter Diemer, a young accountant at the Fleer Corporation. Diemer accidentally created a formula for gum that was wasn't too sticky and could stretch—perfect for blowing bubbles. It was famously pink because that was the only dye available at the time. Bubble gum became an instant hit, and today, Americans chew an average of 100 pieces each year.

Gumdrops, on the other hand, have been around since at least the 19th century. These chewy, colorful candies are often used to decorate cakes and gingerbread houses. While their exact origin is debated, the gumdrop's sugary coating and fruity flavors have made them a long-standing favorite. The candy was so beloved that a NASA spacecraft was even named *Gumdrop* in the 1960s.

Both gum and gumdrops have made their mark in popular culture and candy aisles for decades. Bubble gum is often linked with childhood, and gumdrops remain part of festive traditions. Furthermore, gumdrops paved the way for other popular gummy candies like gummy bears and gummy worms. Interestingly, while we celebrate these sugary delights, February is also Gum Disease Awareness Month, a reminder to enjoy sweets in moderation and prioritize dental care.

These candy-themed holidays offer a chance to indulge, reminisce, and enjoy the playful nature of bubble gum and gumdrops. Whether you prefer blowing bubbles or savoring a sugary gumdrop, February is full of reasons to celebrate these nostalgic treats.

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

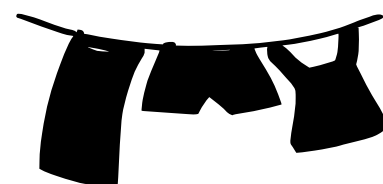
Laundry Room Reminders

New signs were placed on all the dryers to remind you to please clean the lint traps after or before each use.

Laundry scent beads go in the washing machine, not in the dryer. Someone put these in the dryer last week and made a complete mess. Please understand and know your product before placing them in the washing machines.

Please remove your laundry promptly from the machines once the cycle is completed.

Magnets with your apartment number should be on the magnet board in each laundry room. If you do not have a magnet, please stop by the office and we will get you a replacement. Be sure you place the magnet on the machine when in use.



Team Winding Commons

Christine Pesola
Community Administrator
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Kay O'Keefe
Marketing Director
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Deborah Murphy
Resident Relations
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Interim Activities Director
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Barbara Higley & Pam Keil
Sat/Sun Office Reception

Rudy Carmona
Van Transportation

Robert Rosker, Maintenance
Joseph Booth, Part Time Painter
(Wed & Thurs)

Angie Carr, Aura Guerra & Diane Pittman, Housekeeping

Clay McAmis, Sunday-Thursday Evening Porter

James Forehand & Carol Haran
Fri/Sat Evening Porter

Team Morrison

Jennifer Padilla
Executive Chef – Morrison
jenniferpadilla@morrisonliving.com

Amir, Charles, Danny, Gerald, Hu, Jimmy, Josh, Kathy, Kaylie, Lawrence, Payton, Rebekah, Sherri & Terry

Christine's Comments

Is it me, or did January just drag on? January is always a hard month to bounce back from because it's the end of the holidays and the beginning of a new year with so many expectations I envision for myself. Once February hits, I'm all for it! Special birthdays, Super Bowl LIX, Valentine's Day, President's Day (and another holiday for the staff).

If you haven't already figured this out, starting with Thanksgiving to President's Day, that marks 5 holidays in 12 weeks. It's too bad we can't spread those holidays out more throughout the year, but good news, we won't have another one until May. Look for your housekeeping schedules reflecting the holiday a week before.

Zhanna's baby sprinkle on January 24th was very special and you were all so good to her and baby girl. I know she was very appreciative of all of you that attended and your lovely cards and gifts. January 31st was supposed to be Zhanna's last day, but after her prenatal appointment on Monday, her doctor took her off work a week earlier than planned. She and baby are fine, but she needs to take it easy and rest until she arrives.

For those of you that have reported ceiling lights that are out in the common areas, hallways, and dining room, we are aware. The issue that we have found is that the components in the lights have been discontinued. So... we are working with a vendor and our home office to remedy the situation. Please be patient.

Scooter drivers... please S L O W down! We have seen near collisions with other scooter drivers and residents walking in the hallways. Please be careful!

I have noticed there are more cars parking in the east parking lot. Please stop by the office and double check with us that we have your vehicle information on file. This only applies to residents who DO NOT have a covered carport.

Wishing you all a very lovely February ~

Activities Corner by Caroline

"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity."

-Henry Van Dyke

Hello, residents of Winding Commons. If you don't know me already, my name is Caroline, and I am your temporary Activities Director. I am filling in for Zhanna while she's on maternity leave. I used to work in the dining room as a waitress for about three years. I loved it and I had amazing coworkers who taught me a lot. I am forever grateful. I am so thankful for this new opportunity - I love what I'm doing already, and I'm having a blast with all of you.

I grew up convincing my whole family to let me plan everything from birthdays to holidays we had. I've always made something out of nothing when it came to DIY's. I took a big interest in taking pictures and art in general during middle school. When I entered high school the first thing I did was sign up for the Yearbook/Photography class. During all four years of high school, I was in both. I even lead the yearbook class for the last two years.

Party planning, activities, and crafts have always been a hobby of mine, but it has been a dream to think that I have a job where I can do things I enjoy. I am very open to ideas and comments. My door is always open to you. I truly thank you for all the support and love from every one of you. I cannot wait to learn more and have a wonderful time with all of you these next few months.

Review the calendar for everything coming up. We've got some fun outings planned on Thursday. Remember, we changed our outing day to Thursday with the exception of one or two planned on a Tuesday with our sister communities. Our Super Bowl party is on February 9th in the Media Room and Valentine's Dinner on the 14th with entertainment by Todd Morgan (who performed for NYE).

February Birthdays

If you were born between February 1–18, you are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests. Those born between February 19–28 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.

Carol Boeff, February 6th
Margaret Ann Dukleth, February 7th
Linda Goldenberg, February 7th
Iris Hunton, February 8th
Janelle Robinett, February 22nd

Activities Corner continues...

The Happy Trails Duo, Peter Schroeder, Del & Susan and Mike Ely will headline our Happy Hours this month, all on Wednesdays.

This month, the Thursday night movies will be a series where three episodes will play back-to-back and will continue for three consecutive weeks. The series, A Man on the Inside, was recommended by the Sherrill's. The last Thursday is a thriller with some "language," but a good edge of your seat movie with Jason Bateman and Taron Egerton.

Helen Justice will be here on the 11th to discuss Medicare & VA Benefit Changes for 2025, and please join me for my first craft class on the 18th. Chef Jen's Teaching Kitchen has been moved to Saturdays starting the 15th.

♥ happy ♥
Valentine's
♥ day ♥

Culinary Corner by Chef Jennifer Padilla

As we say goodbye to January, let's reflect on the fun we had. The New Year's Eve dinner and entertainment was a blast and the New Year's Day Brunch seemed to be a crowd pleaser. I hope you enjoyed ringing in the New Year here with your friends and family.

On January 8th we had a little fun with Elvis's favorite peanut butter, banana and bacon sandwich. I am very proud of all of you that tried it. I thought it was sweet and a little salty just like Elvis. He may not have left us at the top of his game, but he was the king and still is. And I know some of you had his poster on your walls!

Thanks for coming to my Teaching Kitchen after it was moved to Saturday. We took a trip to India with a mango and yogurt drink called a Lassi; they have been making this drink for its health benefits for the past 3000 years. Pretty cool to taste history!

The other King had his very important, honored day on the 20th, Martin Luther King Jr. that is. Later that week we had a nod to the South with a shrimp and grits dish. I am not sure what his favorite meal was - I will have to look it up next year.

The Year of the Snake was celebrated on the 29th. Happy Chinese New Year! How cool is it that we get to celebrate two happy New Years because we live in the melting pot of the world. California has such a wonderful Asian cultural presence. When I lived in SF, I would wander through China Town and immerse myself in the foods, shops, tea houses and be transported by the sights and sounds. At Yuet Lee, I would order the fish from the tank, and it would be fresh and lightly cooked in the wok with ginger and scallions. When I hit the dim sum shops, I would get the BBQ pork sticky buns and shui mai. My mouth is watering thinking about it! I hope you enjoyed our New Year's feast.

My Secret Valentine

This was such a huge hit last year that we thought we'd offer it again.

Do you have a secret admirer, neighbor, friend or fellow employee that you would like to secretly surprise with a chocolate rose? Stop by the office and pick up a form, complete it and return it to Caroline by February 10th. Each rose is \$2.

The sender (you) will be kept anonymous, if you choose, and all roses will be delivered the week of Valentine's Day, February 12th-14th.



Culinary Corner continues...

February is the month of love! We will put our hearts into making a beautiful and romantic Valentine's dinner for you all. My teaching Kitchen is on Saturday the 15th of February, so come over to the dining room and have some fun with Chef Jen!

Martin Luther King Jr. has a quote that sums up how I feel about the work I do in hospitality. "The surest way to be happy is to seek happiness for others."