

READER'S CORNER by Kay Wolf

Slowly our library is coming together. As I have been going through the books, I have found so many I would like to read. All I need is a few extra hours in my day.

I do enjoy reading the Reader's Digest Condensed Books series. I have found many new authors through the years that I enjoy reading. Also, so much of the unnecessary content has been weeded out, but the story is still there. This last month has a fun mystery, plus a whimsical story about wishes.

Recently I have also read Mitch Albom's newest book, "The Little Liar". It is a story about the Holocaust. Although it is fiction, it could happen again. Albom writes in a different style and if you have never read any of his books you are missing out. He gives you a lot to think about.

We appreciate the donations we are getting, but we can always use more. We like to put new books out as often as we have the books to do so. There is a special box for donations, so please put them in there. We also appreciate it if you do not go through the new books before we have had a chance to process them. Thank you to those who have returned surveys. If you have not returned yours, please do so even if you do not consider yourself a reader.

The Welcome Committee

Evelyn Goldmith # 236
Donna Hess #204
Don & Joanne Sherrill #222

I would like to send a special thank you to the Welcome Committee team. Now that we have Michelle as our new Marketing Director, I will no longer be working with you on welcoming our new residents. With that said, please remember that my door is always open to you. I want you to also know how much I appreciate all that you do and how each one of you are very special to my heart. You are an amazing group, and Michelle is lucky to have you! Keep being the wonderful team you are!!

August Birthdays

In astrology, those born between August 1 and August 22 take on the lion star sign of Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They're also ambitious reaching for the stars, working hard, and accomplishing their goals. Those born between August 23 and August 31 are Virgos, known for being industrious and efficient.

Sally Jo – August 1st
Margaret C. – August 1st
Knutd – August 5th
Bobbie – August 7th
Willard – August 8th
Karen T – August 8th
Dwight – August 9th
Richard B – August 10th
Gussie – August 10th
Bob Schesser – August 15th
Jeri T. – August 23rd
Butch – August 26th

WELCOME
home

New Residents

Kenneth Marcum #126
Barbara Crosby #248
Linda Sharp #111

August 2025

Winding Commons

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

Team Winding Commons

Kay O'Keefe
Community Administrator
winding-mgr@raystoneinc.com

Michelle Culbertson
Marketing Director
winding-md@raystoneinc.com

Deborah Murphy
Resident Relations
winding-rr@raystoneinc.com

Caroline Aakhus
Activities Director
winding-ad@raystoneinc.com

Rudy Carmona / Deborah
Van Transportation

Barbara Higley & Pam Keil
Sat/Sun Office Reception

Robert Rosker, Maintenance

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

Megan Cameron
Dining Services—Manager

Amir, Charles, Danny, Gerald, Heidi,
Hu, Jimmy, Josh, Kathy, Nate, Payton,
Rebekah, Sherri, Terry & Zena

Key Notes by Kay

Let the sunshine of August inspire you to shine your brightest.
– Unknown

Wow, it has been a hot summer!! I am looking forward to the cooler months to come.

I first want to say congratulations to our sweet Caroline for officially becoming our new and permanent Activities Director at Winding Commons! Caroline continues to amaze me with her growth, talent, and kindness. I see amazing and fun-filled events for you all with Caroline leading your activities!

I also want to welcome our new Marketing Director, Michelle Culbertson, to the team. I am excited to have her as part of the Winding Commons family. Many of you have had the pleasure of meeting Michelle. If not, stop in the marketing office and say a quick hello and introduce yourself. I believe Michelle is a perfect fit for our community!

I promised you an update on the security cameras on the East side of the community. Rob is currently working on installing the cameras and by the time this newsletter reaches you, the job should be completed.

The ponds look so nice now and we still have our little family of ducks that have been enjoying the ponds as well. Boy, have they grown! They are adorable to watch, but unfortunately, they are starting to make a mess of the sidewalks. I am hoping they will soon decide to move on and not make this their permanent home.

This month Caroline has provided you with two big events. We have the Hot August Nights Car Show courtesy of our very own resident, Stephanie Stergion, and her daughter, Angela. We also have our Casino Night with a Great Gatsby theme. Both events will be a fun time had by all! Dress to impress and have fun!

-Kay

Activities Corner by Caroline

Welcome August, where we still admire summer, but start to welcome Autumn, one of the most beautiful seasons of the year!

If anyone is not aware now, I am officially the Winding Commons Activities Director. I am blessed to have a job where I am excited to come to work everyday and truly love it. I cannot say enough how thankful I am for having the best residents and team to work with. July was a great month and we celebrated Independence Day with a fireworks show on the 3rd of July. Then, we had a wonderful BBQ buffet and enjoyed time with family and friends.

The Open Closet was a hit and went smoothly. This is something I want to do every 3 months.

And now August will be a blast! Of course, we have our usual exercise classes every morning. We have Alpha One blood pressure checks twice a month. Avalon hearing aids will be here the 1st Tuesday of the month. There are lots of fun outings planned for this month. We have a new happy hour entertainer, Gene Thorpe, who will come this month on the 6th of August. Let me know what you think!

Our two big event this month will be Hot August Nights Car Show on August 14th from 3:00pm to 6:00pm. There will be classic cars, the owners will share about their cars. I will be serving drinks and fresh popcorn. And then, "Casino Night" is our other big event. It will be held on August 22nd from 3:00pm to 6:00pm. The theme is the "Great Gatsby" so dress to impress!! There will be no sit down dinner during Casino Night, but there will be appetizers and drinks going around. We will start moving furniture from the Lobby area on August 18th, Monday. All the furniture will be going into the Exercise Room and being stored in there for the week. So, the exercise classes the week of August 18th through August 26th, will be held outside. I will be putting out more information on the events soon! As always, if anyone is new, welcome!! If you need anything, we are here for you. Please come to activities, there is always something fun. You can come watch anytime as well. -Caroline

Culinary News by Chef Megan

Happy Hot August Nights! Megan here, thank you for all your kind words and warm welcomes as I get accustomed to your home. I am truly enjoying myself, and working hard to get to know my staff, all of you and the ways of Winding Commons! Please continue to stay hydrated, making sure you are getting your electrolytes.

July was a lot of fun. We celebrated with wonderful BBQ chicken, sausages and all the fantastic traditional sides and accoutrements. I hope you enjoyed your meal and the company of family, friends & staff.

August is the beginning of the stone fruit season, so I plan to incorporate that into our menus. Stone fruits are characterized by a fleshy outer layer with a hard stoney pit or stone that encloses a single seed. (apricot, peaches, plums, nectarines, and cherries) Fresh crisp cucumber, tomatoes, and watermelon are a great way to help you stay hydrated, so I will give you different variations of soup, salads and side options of these delicious, seasonal fruits and vegetables. Please feel free to share any of your favorite recipes for us to share with the community!

We will finish off the month with the last long weekend of summer, Labor Day. This falls on the 1st of September and we will have another wonderful celebratory buffet in the dining room! Please remember to appreciate our waiting staff for the beautiful décor and the extra time they take out of their days to make it very special for you!!



Dialogue with Deborah

Yay, August is here!! It's getting closer to fall! Ready for some cooler days soon...

I wanted to start off by saying "Why are prescription bottle caps so hard to open?" I struggled with a prescription bottle cap for about 15 minutes by pushing it down and turning it. I took it back to the pharmacy and got a non-lock cap. Of course, I blamed it on the cap and told the pharmacist the cap was defective!! Hahaha If you all struggle with those caps, I can relate.

Last month, it was brought to our attention that there was a gentleman that came into the community when a resident was exiting the lobby front doors. This man went to about 5 apartments knocking on doors and asking who their medical insurance provider was. This same man came in last year and we chased him out after he was accidentally let in by a resident. Somehow, he slipped in again but was shortly chased out by a resident and our night porter who noticed him in the building with our security cameras.

There will be a NO SOLICITING sign put up on the front door. Please be aware of who you are letting in the locked lobby doors after hours. A visible sign is posted on the side of the doors, as after-hours visitors are supposed to call the phone number listed. It is obvious if it's Amazon, Fed-ex or UPS Drivers because they all wear uniforms.

For the safety of others, unless you know who it is, please do not open the lobby front doors after hours. Tell them to call the phone number listed on the sign. Same goes for your apartment door. If you don't know who it is, you don't have to open your door. Safety is a priority here!! Thank you for always listening and sharing your concerns and ideas. -Deborah

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

Marketing Minutes by Michelle

What a wonderful welcome I have received here at Winding Commons, as your new Marketing Director. Thank you for stopping by my office and introducing yourselves to me. I hope to remember everyone's names; but give me a couple months to do so.

If you have friends who are looking at "Worry Less and Smiling More"- please forward their names to me, so I can set up a tour. You and your friends can take advantage of our wonderful referral program!

-Michelle