

Resident Spotlight Trisha Casey



Born in the vibrant city of Detroit, Michigan, Tricia's journey brought her to California to be closer to her family, especially her daughters and beloved grandson. Although she has a son who resides on the East Coast, her heart is firmly planted in the community she now calls home. Tricia's professional life began in nursing, a field she dedicated herself to for many years. Her compassionate nature and the joy she found in helping others led her to explore further options for providing care. Desiring a more hands-on approach to patient care, Tricia pursued further education and trained as a massage therapist. This new direction allowed her to blend her nursing background with the healing art of massage, leading her to establish her own side business, "Healing Hands RN." Through this venture, Tricia found great fulfillment in alleviating patients' pain, reinforcing her long-standing commitment to caring for others.

Among the many cherished memories Tricia holds dear, one stands out above the rest—her grandfather, a Sea Captain from the upper peninsula of Michigan. At 94, he was a storyteller, sharing his adventurous tales of trading with Native Americans and his profound love for the water. Only able to see him once a year, Tricia felt a significant connection that shaped her appreciation for storytelling and her own love of the water. This affinity for water was passed down through her family, igniting her interest in rowing when her second daughter joined the competitive team at Michigan State. Determined to learn this demanding sport herself, Tricia joined a rowing team at a local Aquatic Center and discovered her favorite configuration: a group of four, which became known for their prowess in senior competitions. Their hard work culminated in qualifying for the Washington National Senior Rowing Competition. However, during this anticipated event, an unforeseen challenge arose when their boat was missing. Fortunately, a stroke of luck came when they negotiated the use of a brand-new shell offering a case of beer and \$50 for its use. Despite initial setbacks, this fortuitous turn allowed Tricia's team to perform at their best, resulting in an exhilarating victory: a gold medal. Tricia's journey is peppered with travel adventures that have taken her around the world, with memorable visits to France and Singapore.

In her spare time, Tricia has cultivated a passion for beading, nurturing plants in her garden, enjoying music, and taking leisurely walks in local parks. Her compassion and dedication to others serve as an inspiration to everyone around her, reminding us that nurturing our interests and embracing our community leads to a life rich in fulfillment and joy. She is not just a testament to personal achievement; she embodies the essence of a caring heart and a zest for life that resonates within the Winding Commons community.

May Birthdays



In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

- Sadie J. – May 9th
- Jeff S. – May 9th
- Peter – May 14th
- Terry M. – May 15th
- Jerry H. – May 15th
- Sue – May 19th
- Arninne – May 19th
- Gina – May 21st
- Patty P. – May 28th
- Don S. – May 28th
- Stephanie – May 31st



#146 Robert Taylor

Winding Commons

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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

(To be hired soon)
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

Carina Jost
Dining Services—Manager

Amir, Charles, Chloe, Danny, Gerald, Heidi, Jordan, Kathy, Kim, Marquetta, Nate, Nick, Payton, Rebekah, Terry, & Zena

Key Notes with Kay

May is here, and we have a month full of wonderful celebrations ahead! From Cinco de Mayo and the Kentucky Derby to Mother's Day and Memorial Day, there is something for everyone to enjoy. Please be sure to review your monthly calendar and sign up for events where needed.

Please note that Memorial Day is a staff holiday, and housekeeping services will be affected. Notices will be distributed one week prior so you can check if your services will be skipped or rescheduled.

I am excited to host our very own Kentucky Derby celebration again this year! Don't forget, we will be holding our Best Hat Contest—so dress to impress and show off your individuality! Mother's Day Brunch will be held on Sunday, May 10th. Chef Jen, Chef Carina, and the Morrison team are sure to wow us with another fabulous buffet.

On Memorial Day, the Morrison team will be treating you to a BBQ buffet as we honor and remember those who have served our country. The menu and sign-up sheets for both will be available soon.

Please remember there are no reserved seats in the dining room unless you are hosting a guest. While servers may preset certain tables to provide more efficient service, this does not mean those tables are reserved. All residents are welcome to sit at any available table. If a preset beverage is not your preference, staff will gladly remove or replace it. Additionally, once a resident is seated, please do not ask them to move.

From all of us at Winding Commons and the Morrison team, we wish you a Happy Mother's Day and a meaningful Memorial Day.

~Kay



Activity Corner by Caroline

Spring is in full swing here at Winding Commons, and it's been wonderful seeing so many of you staying active, social, and engaged!

From our daily exercise classes like Full Body, Yoga with Tracy, and Video Exercise to fun, friendly games like Beanbag Baseball, Cornhole, and Wii Bowling, there are so many great ways to keep moving and enjoy the time together. Bingo, Pictionary, Trivia, and all our favorite games continue to bring lots of laughs and connection each week.

We also have some special moments to look forward to this month. Our Birthday Brunch is always a favorite, and we're excited for our Professional Piano Recital on Mother's Day, Activities Raffle, Cinco De Mayo, and a fun Kentucky Derby celebration. Don't forget our Happy Hours with live music and our relaxed Resident Wine Social—they're perfect for catching up with friends.

Our outings this month are especially exciting, with trips to Red Hawk Casino, Twisted Mac, Jensen's Botanical Garden, and a fun day at Lumberjacks with a stop at Deseret Thrift Store.

We're also looking forward to welcoming new neighbors at our New Resident Tea Social—be sure to stop by and say hello!

As always, I encourage you to join in, try something new, and enjoy all that's happening around the community. There's always something to look forward to here, and I'm so glad to be part of it with all of you.

Thanks,
Caroline



Culinary News by Jennifer

Happy May days! The dining team has a lot of fun events in store for you this month. We kick off May with a taco bar buffet on Cinco de Mayo. That is followed by Mother's Day on the 10th. We will have a lovely buffet and celebrate our wonderful moms. We will have 2 seating times for Mother's Day so please sign yourself and any guests you have attending on the signup sheets so we can plan. Carina and I will have a Teaching Kitchen on May 12th at 1:30pm in the dining room. At the end of the month, we will have our first BBQ for Memorial Day on Monday, May 25th.

A couple of announcements to share with you. I am proud to announce the promotion of Rebekah to lead server here at Winding Commons. She has been an asset to our team for the past 3 years and I know she will do an excellent job leading the service team. Please congratulate Rebekah on her promotion! I am also proud to announce that Kathy is being promoted to lead server at Leisure Manor. I know it will be hard to say goodbye to Kathy, and it will be hard for her to say goodbye to you, but she will be amazing with the residents at Leisure Manor, and they deserve her special kindness and warmth, and Kathy has earned this promotion. Kathy may make a star cameo appearance from time-to-time here at WC so maybe it is not goodbye forever just goodbye for now. Please congratulate Kathy on her promotion!

I was very proud of my team in April, especially with the spring holiday event, it was a big success. Carina made the most beautiful dessert spread I have seen here and the food was prepared expertly by Jordan, our sous chef and Danny our lead cook and the rest of the culinary team. Kathy and Rebekah worked together to organize the dining room, the reservations and the box dinners and they and the rest of the servers made the dining room look beautiful. Payton donned the bunny suit, and I saw lots of smiles come out when she was out hopping around. I want to also give a shout out to my dishwashers, Gerald and Charles; these two do so much more than wash dishes...they prep, they work on the line, they help in the front and in the back and are the last ones to leave because they are making our kitchen shine. Kudos to my entire team for their tremendous efforts for Easter and every day!

Have a wonderful month in May and don't forget to stop and smell the roses! - Chef Jennifer

Dialogue with Deborah

Hello,

Welcome to May already!!

In May, "I embrace growth with a heart full of joy."

We are working on updating phone numbers on the pendants and emergency binder paperwork. We also want to make sure we have updated medications, DNR papers (if you have them) and family contact numbers for the emergency binder. Feel free to stop by the office and verify emergency contacts and their numbers.

We have lots of celebrations this month! Cinco de Mayo is on the 5th. Mother's Day on the 10th. Memorial Day is on the 25th. I will be putting out sign-up sheets for the Mother's Day and Memorial Day Brunches. The sign-up sheets will be located in the hall when you enter the dining room. We will have 2 seating times due to having many guests. I put the sign-up sheets out 2 weeks before and then pull the sign-up sheets 4 days before so the Chef can order by how many guests are attending. I know some of you don't know your plans until the last minute, but Chef needs the counts early in order to prepare for the event. If you order a box dinner, please pick it up during your brunch time.

There are seasons in life when you start questioning everything:

- Your work.
- Your relationships.
- The city you live in.
- Even the beliefs you once built your life around.

Many people assume this means something is wrong. Sometimes questioning everything is the moment your inner knowing begins to wake up!!

-Deborah



Important Telephone Numbers

Office Hours

Sunday-Saturday 8:30am-5:00pm

Office # 916-485-0100

After hours Office # 916-827-7649
(automatic call forward 5pm – 830am)

Office Fax 916-485-0611

Van/Transportation- call ofc to schedule

Call #916-891-7827 p/up at appt.

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

Alpha One Ambulance 916-635-1111

Comcast/Xfinity 1-800-266-2278

AT&T 1-800-310-2355

Paratransit 916-321-2877

Beauty Salon – Natasha Oberg
805-617-6367

