



Our July resident spotlight shines on Terry and Judy Sweeney!

Terry was born and raised in Rochester, New York. After four years in college at University of Buffalo and another 4 years in Dental School at University of Maryland, he then spent 3 more years in the Army in Germany. While stationed in Germany, he managed to learn just enough of the language to rent an apartment and communicate in the local towns. Terry spent 35 years practicing dentistry in Palmyra, New York, a small town on the Erie Canal, Judy called “Mayberry.” During that time, Terry learned painting techniques and began many years of painting in oils and acrylics. He is also the proud father of a son and two daughters.

Judy grew up as a "Navy brat," moving frequently with her mother while her father was out at sea. During her elementary school years, she lived in Norfolk, Virginia, Pensacola, Philadelphia, and Memphis, before eventually moving to California, where she graduated from La Sierra High School, right here in Carmichael. Following her mother's passing, Judy stayed in her family home for 30 years. She held many different occupations throughout her life, but her absolute favorite was her 13-year career as a respiratory therapist with Sutter Hospital. Working in the emergency room, ICU, medical-surgical units, and open-heart procedures, Judy cherished the opportunity to help patients recover and thrive. She has a daughter in Florida, a son in Salinas, two grandsons, and two great-grandsons.

Terry and Judy met back in 2006 on a Mexican Riviera cruise, known as the "Love Boat." After a wonderful year of long-distance dating, phone calls, and cross-country visits, Judy went to see Terry during a freezing New York winter. Terry laughs that she shoveled snow exactly once before declaring that they were moving to California. Terry packed his bags, joined her out West, and it marked the beginning of a truly special journey together. Looking ahead, they both hope to travel back to Germany and Northern Virginia to revisit the places that hold a lifetime of cherished memories.

Moving into Winding Commons has opened an exciting new chapter for Terry and Judy. They truly love it here, especially the active lifestyle, staying involved in community events, and meeting so many wonderful residents.

July Birthdays



- Glen S. – July 3<sup>rd</sup>
- Joanne – July 5<sup>th</sup>
- Charlotte – July 15<sup>th</sup>
- Ruthie – July 16<sup>th</sup>
- Dorothy H. – July 18<sup>th</sup>
- Connie – July 20<sup>th</sup>
- Karen P. – July 21<sup>st</sup>
- Marlys – July 25<sup>th</sup>
- Phyllis – July 25<sup>th</sup>



New Resident:

Lestelle Nichols #136



Winding Commons

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



Team Winding Commons

- Kay O’Keefe  
Community Administrator  
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- Michelle Culbertson  
Marketing Director  
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- Deborah Murphy  
Resident Relations  
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- Caroline Aakhus  
Activities Director  
[winding-ad@raystoneinc.com](mailto:winding-ad@raystoneinc.com)
- Craig Anderson  
Van Transportation
- 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@morrissonliving.com](mailto:jenniferpadilla@morrissonliving.com)
- Carina Jost  
Dining Services—Manager
- Amir, Charles, Chloe, Danny, Derek, Gerald, Heidy, Jordan, Josh, Kim, Marquetta, Nate, Nick, Payton, Rebekah, Terry, Yanira, & Zena

Key Notes from Kay

Summer has officially arrived, and with it comes sunshine, longer days, and plenty of opportunities to spend time with friends and neighbors. I hope everyone is staying cool, drinking plenty of water, and finding time to relax and enjoy everything our community has to offer.

Many of you have already had the chance to meet our new transportation driver, Craig. If you haven't yet, please be sure to introduce yourself and give him a warm Winding Commons welcome. We are excited to have him as part of our team and know he will be a wonderful addition to our community.

With the summer heat upon us, I would also like to remind everyone to take extra precautions when spending time outdoors. Stay hydrated, wear sunscreen, and try to avoid prolonged exposure during the hottest parts of the day. If you have pets, please remember that hot pavement can quickly burn their sensitive paws. Whenever possible, walk your dogs on grassy or shaded areas, and don't forget to bring water for both you and your furry companions.

I'm also excited to announce that beginning in August, Judith Cadagan will be taking over our Resident Spotlight section of the monthly newsletter. Judith has graciously volunteered her time to help recognize the wonderful people who make Winding Commons such a special place to call home. Thank you, Judith, for your willingness to serve our community—we truly appreciate you!

I also want to take a moment to thank all of our residents for your kindness, patience, and the sense of community you create each day. Whether it's greeting a neighbor in the hallway, participating in activities, volunteering your time, or simply sharing a smile, each of you helps make Winding Commons feel like home.

As always, my door is open. If you have questions, suggestions, or ideas that can help make our community even better, please don't hesitate to stop by my office.

On behalf of the entire Winding Commons team, we wish you and your families a safe, happy, and memorable Fourth of July. Thank you for being such an important part of our community!

~ Kay



## Activity Corner by Caroline

Summer has arrived, and with it comes another wonderful month of laughter, friendship, and meaningful moments at Winding Commons.

July is filled with opportunities to gather with friends, stay active, explore new interests, and enjoy the special sense of community we share every day.

As we celebrate Independence Day, we look forward to coming together to honor our nation's birthday and enjoy the warmth of the holiday season with neighbors, family, and friends. Throughout the month, residents can enjoy favorite activities including exercise classes, yoga, bingo, bridge, trivia, crafts, happy hours, and social events that bring us closer together. Don't forget about our Birthday Brunch!

Thank you to our residents, families, and dedicated staff for making Winding Commons such a caring and vibrant place to call home. We look forward to sharing smiles, making memories, and enjoying all that July has to offer together.

Wishing everyone a happy, healthy, and joy-filled July!

See you around! -Caroline



### Random Trivia

Bananas are actually berries: Botanically speaking, bananas fit the scientific criteria for a berry, while strawberries and raspberries do not.

### Random Joke

**Q: When do you go at red and stop at green?**

**A: When you are eating a watermelon!**

## Culinary News by Carina

Hello summer and hello stone fruit! My favorite time of the year...

I grew up picking fresh peaches, plums, apricots and cherries at my grandparents' garden. I still remember that smell of freshly baked peach pie.

We will be embracing this season and will have some fun salads and desserts.

I want to say, "Thank You All" to my dear residents for embracing me with open arms, and supporting all the small and big changes we are making. It makes all the difference in my day.

I am also very thankful, and grateful, for Chef Jennifer's support and guidance, and endless hours of training.

Thanks to my wonderful friend Kay O'Keefe, and to Chef Jennifer, I was able to come on board here at Winding Commons. It definitely feels like home.

On another note, we have some very exciting changes in our kitchen team. Our amazing Danny Saechao is being promoted to Sous Chef. A position he worked so hard for and deserves after six years of working here. Danny has been a big support to me, and the team from day one, and I am looking forward to watching him grow in this next chapter of his career.

Jordan will be taking a step back and supporting the team as a lead cook, with more involvement in serving beautiful and well executed dishes. That is all I have to share right now. Hope to see you all at the Chef Chat and Teaching Kitchen. Happy summer!

-Carina



## Dialogue with Deborah

Summer is in full swing, and we extend a warm welcome to all our new residents! When we prepare for the upcoming holidays, please be sure to visit the sign-up table located by the Dining Room entrance. Chef will let us know if we will have two separate seatings for holiday brunch, as well as whether we will serve a light evening dinner or offer convenient grab-and-go box dinners for pickup during brunch. A few residents have asked why the sign-up sheets are only out for a short period; this is because Chef needs precise headcounts well in advance to order. While we understand that family plans can change at the last minute, our kitchen team truly needs this extra time to prepare a wonderful meal for everyone. If you have any questions or concerns, please feel free to come chat with us!

As a quick administrative reminder regarding guest meal tickets, please note that the billing cycle runs from roughly the 25th of the previous month to the 26th of the current month, rather than following a strict calendar month from the 1st to the 30th. Don't forget that your standard monthly perks include two free brunches and three free deliveries!!

- Deborah



Did you know ... A salute of one gun for each state in the United States, called a "salute to the union", is fired on Independence Day at noon by any capable military base

## 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

