

Resident Spotlight

Judith Cadagan



This month we are excited to kick off our Resident Spotlight by introducing the very person who will be taking over this feature in future newsletters—our wonderful resident, Judith!

Judith, 87, joined the Winding Commons family in February of 2022 after moving from another community. She chose Winding Commons because the Executive Director in her previous community had heard wonderful things about our community and highly recommended it.

Judith and her best buddy, Snickers, love the apartment, especially the view from the balcony overlooking the courtyard where they relax and watch the hummingbirds feeding at three beautiful feeders.

Judith has two sons who each live in the Bay Area and split their time at their mountain cabins. She is a proud grandmother of four grandchildren. She is well known around Winding Commons for hosting the Wednesday Night Games where residents gather for fun, laughter, and friendly competition. She also serves as Co-Librarian with Kay Wolf.

When Judith relaxes, she loves doing complicated jigsaw puzzles, reading, keeping up with current events and pop culture, loves science and spending time with Snickers. Judith was born and raised in New England and New York State, and graduated from Vermont College with an Associates Degree in Medical Technology. She worked in Manhattan for a year before making an adventurous drive to San Francisco. During her impressive 45-year career, she served at the Director level in Corporate Facilities Management for multiple Silicon Valley companies. One of the most defining moments in Judith's life was raising her two sons on her own from the time they were one and three years old. This experience shaped her into the strong, independent woman she is today.

When asked what people might be surprised to learn about her, it is that beneath her strong exterior is a gentle soul who cares deeply about people, nature, and our planet. We're grateful to have Judith as part of the Winding Commons family and appreciate the warmth, leadership, and kindness she brings to our community. Be sure to say hello to Judith and Snickers when you see them around the community!

**August Birthdays**

Sally Jo – August 1st
Margaret C. – August 1st
Willard – August 8th
Karen T. – August 8th
Bob – August 15th
Bill – August 15th
Matty – August 22nd
Jeri – August 23rd
Butch – August 26th

**New Residents:**

#258- Dolores Johnson

#126- Richard & Barbara Locke

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

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

Carina Jost
Dining Services—Manager

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

Key Notes from Kay

Happy August!

I hope you all had a wonderful Fourth of July! I received so much positive feedback about the delicious buffet and the spectacular fireworks celebration. A big thank you to Caroline and Michelle for putting together such a fun event for everyone to enjoy.

Thank you to everyone who completed the resident surveys. I received many wonderful ideas and suggestions. We are already working on adding more activities to the calendar based on your feedback and will continue to do so while we search for a new outings driver. If you know someone who may be interested in the position, please let us know!

Be sure to mark your calendars for Thursday, August 20th, when I'll be hosting a Community Scavenger Hunt! I hope you'll join us for an afternoon of fun, laughter, and friendly competition. You never know—you could be our grand prize winner!

A few friendly reminders:

- When you have guests visiting, please be considerate of your neighbors by keeping noise to a respectful level.
- If a family member, friend, or caregiver is walking or caring for your pet, please make sure they are familiar with our pet policy, including cleaning up after pets.
- Please break down all cardboard boxes before placing them in the garbage rooms. Large boxes should be taken directly to the outside dumpsters.
- Please do not feed the wildlife or stray cats. Although it may seem helpful, feeding wildlife can make animals dependent on humans and interfere with their natural ability to find food. It may also result in fines under state or local regulations if violations are reported.

As the summer heat continues, please remember to stay hydrated and take extra care when walking your furry companions. Pavement can become extremely hot and may burn their paws. Early morning or evening walks are often the safest times.

Wishing everyone a happy, healthy, and enjoyable August from your Winding Commons family!





Activity Corner by Caroline

August is packed with exciting opportunities to stay active, connect with friends, and enjoy the best of summer here at Winding Commons! Our calendar is filled with favorite activities and special celebrations designed to keep minds sharp, bodies moving, and high spirits.

Residents can look forward to daily fitness opportunities, including Full Body Exercise, Yoga, and Video Exercise, helping everyone stay healthy and energized. Friendly competition continues with favorites like Cornhole, Beanbag Baseball, Chair Volleyball, Cup Pong, The Game Pictionary, Trivia, Bingo, and Poker.

Creative residents will enjoy hands-on activities such as Painting, Card Making, Craft Class, and Coloring Pages, while social events like Happy Hour, Ice Cream Socials, and a Banana Split Station offer the perfect chance to relax and spend time with neighbors.

We're also celebrating several residents' birthdays throughout the month. Happy Birthday to everyone celebrating in August! We hope your special day is filled with laughter, love, and wonderful memories with your Winding Commons family.

Some special highlights this month include:

- August 5: Birthday Brunch Celebration
- August 13: Banana Split Station (Will be in the Dining Room and served as dessert for the night.)
- August 5: Walking Club begins (Meet me in the lobby at 9:45 am every Wednesday, and let's take a walk around FoodMaxx.)
- August 18: Car Show (Will be in the front parking lot. Let's look at some beautiful older cars and enjoy the sunshine and even grab a Kona Ice and some snacks!)
- August 26: National Dog Day Celebration (Hot dogs for lunch, dog costume contest, picture station, and doggy artwork.)
- August 27: Lemonade Bar (Will be in the lobby, choose fruit and flavor and let me make you some fresh lemonade!)

Whether you're trying something new or enjoying a favorite pastime, there's something for everyone this month. We encourage residents to join as many activities as they'd like, make new friends, and continue creating wonderful memories together.

Here's to another fantastic month of laughter, wellness, and community at Winding Commons Senior Living!



Caroline



Culinary News by Carina

Hello August....

Summer is in full swing and we are enjoying every moment.

We have introduced the lovely "Heirloom Tomato" to you this month and everybody seems to like it. Heirlooms are at the peak of their season right now and they are a flavorful, meaty tomato.

We are also switching up the menu quite a bit to give you a few more options, as requested by the residents. I am keeping a close eye on your likes and dislikes to adjust as we go along.

We continue to build a strong kitchen team and I "Thank You" for your patience, as it can be challenging. Please trust the process, as we all have your best interest at heart. We truly are here for you and aim to please.

We are having some great news for our Kitchen Team.....

The great "Nathan" is returning to join our team again and we cannot wait to have him back!!! Nathan has left for several weeks to try a different avenue in his career, and he decided he wants to come back to Winding Commons. Nathan is a "very strong" part of our Kitchen Team, and we are looking forward to putting him to work. 😊

I will continue to bring in stone fruit this month so that we can all enjoy a fresh bite of summer. Thank you for having me here and have a fabulous month.



Carina



Dialogue by Deborah

Positive emotions in humans are the unseen currents that shape our lives daily, influencing how we think, react, and connect with the world around us. On one side of this spectrum are positive emotions; these are uplifting states that broaden our awareness, expand our thinking, and actively build out long-term psychological resilience. By exploring five core positive emotions, we can better understand how they help us beautifully navigate the highs and lows of life.

Joy is an intense feeling of happiness and sheer delight that triggers a natural urge to play, be creative, and celebrate. Experiencing Joy can make you feel uplifted and fully present in a moment of triumph or fun.

Gratitude involves recognizing and appreciating the good things in your life. This emotion fosters a deep sense of thankfulness and contentment.

Hope is the feeling that good things are coming and that challenges can be overcome. It guides us through difficult times by fueling resilience, inventiveness, and an optimistic outlook.

Love encompasses compassion, empathy, and deep care for others. It is a foundational emotion that allows people to build strong relationships, share meaningful experiences, and feel safe and understood.

Serenity provides a sense of inner calmness, balance, and relaxation. Unlike the high-energy boost of joy, serenity allows you to take a step back, savor your current surroundings, and find peace amidst a busy world.

Anger is widely considered the hardest emotion to control. Often referred to as our most urgent emotion, anger arises when our expectations are violated, boundaries are crossed, or pride is wounded. This narrows our focus and pushes us into a survival state where the impulse to react aggressively or defensively takes over before the brain can process the consequences, making reflection incredibly difficult. Anger pushes its energy outward, anxiety and fear present a different kind of regulatory challenge by paralyzing or exhausting our nervous system. These emotions are exceptionally hard to reason with using basic logic. The brain naturally begins spinning worst-case scenarios that feel impossible to untangle without dedicated, intentional coping strategies.

By actively cultivating the five core positive emotions while learning to de-escalate our sudden bursts of anger and anxiety, we can foster a healthier, more balanced emotional life.



Deborah



Important Telephone Numbers

Office Hours

Sunday through 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

