

ANNOUNCEMENTS & SPECIAL EVENTS

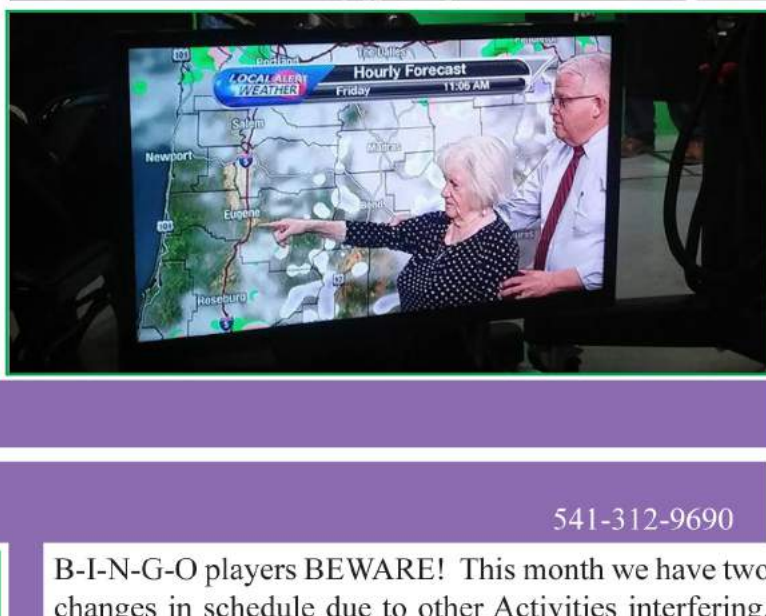
Who's New at Whispering Winds



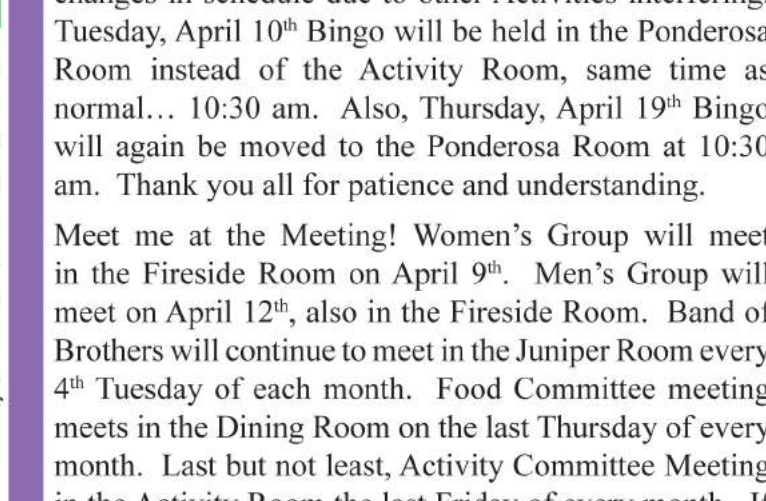
Cecil & Evelyn
Cary

DEPARTMENT HEAD DIRECTORY

General Manager: Carrie Kasch
Assistant Manager: Jodi Clugston
Marketing: Angela Vanderpool
Judy Duggan
Kitchen: Josiah Eckersley
Dining Room: Beth Davidson
Hospitality Director: Ron Hillard
Activities Director: Charlene Vieaux
Maintenance Director: Erik Kubat



Womens Outing
to KTVZ TV
Station



541-312-9690

Active with Charlene

Rather than celebrate Easter with bunnies, Australians celebrate with the Easter Bilby. Also called rabbit-bandicoots. While the Easter Bilby might sound strange to anyone unfamiliar with it, others countries have their own, even weirder versions of the Easter Bunny. In most of France, children believe that flying church bells travel to the Vatican and bring back chocolate treats in time for Easter Sunday. In Sweden, kids dress up as wizards and witches rather than bunnies. And in Switzerland, the Easter Cuckoo (bird) is a symbol of the spring holiday. However you celebrate Easter, I hope everyone enjoyed the Brunch and Music.

This month we have a few new events on the calendar... Andrea Brown will be giving a "Living Life to the Fullest" lecture in the Activity Room on April 5th at 2:00. On April 17th we would like to take the time to celebrate all our Volunteers here at Whispering Winds. Are you part of the Activity Committee? Welcome Committee? Or work in the Library? Whispering Winds would like to say, Thank You! Join us at 3:00 in the Activity Room for a celebration honoring those volunteers. Having issues with your feet? On April 19th Priority Footwear and Pedorthic Services will join us for a Diabetic Foot Care Presentation held in the Activity Room for all residents. A specialist will be joining you to cover solutions to any problems you might be having. Many residents have been receiving strange phone calls telling you that you have won a trip, owe them money or have a family member in need of your help. Don't listen to these phone calls! Lt. Joe DeLuca will be coming in on Wednesday, April 25th to discuss "Scam Prevention." Don't miss this presentation!

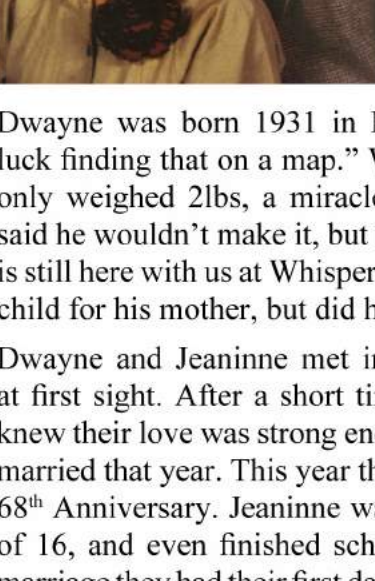
Musical Performances this month by Old Time Jammin', Crown City String Quartet and Larry Rauch. Joining us for Wine Socials will be guest musician Ken Johnson and the Jazz trio "Just Three Guys." I hope everyone is enjoying Jo Tarantino Monday afternoons. He volunteers to come in most Mondays to play the piano from 12-1pm in the Dining Room. I have heard so many wonderful things about his talents. Join me the next time you see him in the Dining Room and give him a warm hearted "thank you!"

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April 2018

541-312-9690

GETTING TO KNOW YOU Featured RESIDENT



Jeaninne was born in the summer of 1933 in St. Louis Missouri, where shortly after her family moved to Southern Illinois. She grew up with her one brother Charlie, "we were extremely close, best friends." Her junior year in high school the family picked up again and moved to Ulysses Kansas, this is where she met the love of her life.

Dwayne was born 1931 in Kingsdown Kansas, "good luck finding that on a map." When Dwayne was born he only weighed 2lbs, a miracle baby indeed. The doctor said he wouldn't make it, but here it is 2018 and Dwayne is still here with us at Whispering Winds. He was the only child for his mother, but did have a few 1/2 siblings.

Dwayne and Jeaninne met in high school; it was love at first sight. After a short time of being together, they knew their love was strong enough for marriage and were married that year. This year they will be celebrating their 68th Anniversary. Jeaninne was a young bride at the age of 16, and even finished school. Within the 1st year of marriage they had their first daughter Cheryl, 2 years later April was born. The family lived in Ulysses Kansas until 1978. Jeaninne was a stay at home mom for their 2 girls, Dwayne on the other had "did it all" he was a well driller, furniture salesmen and the family even owned a floral shop. Wagner's Flowers is what it was called, and it was definitely a family business. Both Dwayne and Jeaninne worked in the shop right along with their 2 girls. "Family comes first and it was a good business to have especially with having the girls. The two girls hated it because they had to deliver flowers." Jeaninne said with a laugh. In 1970 the family hit a tragic downfall with the shop. A fire took place in one of the buildings attached to theirs, burning down 3 business's all together. This didn't stop them; the Wagner's rebuilt in a new location and re-opened in 1971, they even added on another business, Wagner's Beauty Shop. In 1972 Dwayne added on one more business to the family name, Wagner Drilling Co.

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541-312-9690

WHAT'S COOKING?

WW Chef
Josiah Eckersley

I hope everyone had a happy Easter! I am currently looking to expand the variety of summer soups that we offer as well as the variety of bread available at lunch time. If anyone has any suggestions they would like to share with me, I encourage you to join the Food Committee the last Thursday of every month. Hope everyone has a wonderful spring!



Out on the
Ale Trail



APRIL BIRTHDAYS

Herb Hansen 4-2
Alan Smeeth 4-3
Pat Haack 4-6
Ann Boyer 4-7
Dorothy Thomas 4-11
Val Emmert 4-14
Glenda Turner 4-22

HAPPY ANNIVERSARY

Michael & Judith Medecky

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April 2018

541-312-9690

LISA'S WORKOUT

Reasons To Use A Personal Trainer

Do you want to begin exercising but don't know where to start? Have you exercised in the past only to give up after a few weeks? Using a personal trainer is a good way to overcome these bumps in your road to improved health and wellness. Keep reading to discover more good reasons to use the free Whispering Winds personal trainer (Lisa).

Motivation

Most of us work harder in the presence of others. Having a trainer by your side can provide the encouragement, energy and motivation you need to jumpstart your routine. A trainer can also help you set goals, create a plan to accomplish them and celebrate the day you reach them.

Consistency

Do you find it difficult to stick with a program or habit? A trainer can hold you accountable and help you overcome all the excuses you might use to avoid your commitment to exercise. It's a lot harder to skip the gym when you know someone is waiting for you.

Confidence

The gym can be intimidating. Working with a trainer allows you to become confident with how to perform exercises, use machines and navigate the facility. After a few sessions, you will feel ready to tackle those on your own. Even better, an ego boost during exercise can promote stronger self-confidence, which can help you stick with your exercise program over the long term.

Avoid Injury

If you are new to exercise or find that some movements are painful, it is worth working with a trainer to be certain that you are moving in a safe and effective way. Taking the time to learn proper exercise technique can improve your results and prevent annoying injuries.

Training With Medical Conditions

Exercise is beneficial for preventing or managing many common chronic conditions such as diabetes, heart disease and hypertension. However, exercising with a medical condition requires additional precautions. A knowledgeable trainer with experience training clients with chronic conditions can design a program that ensures your safety and provides a positive exercise experience.

Aging Gracefully

Our bodies change as we age. Perhaps the exercises you've used to do no longer work with your body, or maybe you've stopped seeing results. A trainer can help you adjust or adapt your program as you age, which will allow you to maintain functionality and strength.

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April 2018

541-312-9690

FROM THE DINING ROOM

"April showers bring May flowers." It's spring time everyone. I hope you all have adjusted to the time change and are enjoying the longer days.

You would have noticed some new faces in the dining room. We would like to welcome Megan Teeter to the Whispering Winds team! We'd also like to congratulate Jessie Behrens on her promotion, we are excited for her to take on the role of housekeeper.

Don't forget about our monthly food committee meetings with Chef Josiah. We welcome and encourage any residents with suggestions, recipes, or comments to join the committee. All of us in the Dining Room and Kitchen want to make sure we are doing all we can to make your meals pleasant. See you Thursday, April 26th at 2:00 pm!

Finally, we would like to celebrate April's Star Server-Kameron Baker. Kameron started with us in September 2017 as a busser and has quickly become an excellent server! He attends Mountain View High School, just got his drivers license, and loves to talk about playing basketball and video games. Give him a high-5 when you see him!

As always, if you have any questions come and see me in the Dining room.

Beth Davidson, Dining Room Manager

CELEBRATING
OUR GREATEST
ASSETS
WW EMPLOYEES



Megan
Teeter
Dining
Room



Wine Social

April 2018

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April 2018

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From the Manager's Desk

April is National Volunteer Month and I would like to take this opportunity to thank our amazing residents for your help throughout the year in making WW the BEST retirement community in Central Oregon. Please join me on April 17th at 3:00 p.m. in the Activity Room to help recognize our volunteers.

On Wednesday, April 25th at 10:00 a.m. Lt. Joe DeLuca will be here to discuss Scam Prevention. I have had a couple of residents who have reported receiving some suspicious calls and I encourage you to attend this presentation.

It is also that time of year again..... Spring!! I don't know about you, but I am ready to see the sunshine, the green grass and the garden blossoms. If you are interested in having a flower box please let the front desk know so we are sure to have one for everyone.

Wishing you a Happy Spring!

Carrie Kasch, General Manager

