ANNOUNCEMENTS & SPECIAL EVENTS

Who's New at Whispering Winds

DEPARTMENT HEAD DIRECTORY

General Manager:	Carrie Kasch
Assistant Manager:	Jodi Clugston
Marketing:	Judy Duggan
Director of Culture & Engagement:	Angela Vanderpool
Kitchen:	Troy Connor
Dining Room:	Geoffrey Lefebvre
Hospitality Director:	Ron Hillard
Activities Director:	Charlene Vieaux

Active with Charlene

It's officially Fall, which means cold and flu season is upon us! Partners In Care will be joining us on Tuesday, October 15th for our annual Flu Clinic. No appointments needed, just bring your insurance cards with you to the Activity Room anytime between 9:00 am and 12:00 pm. Partners In Care will bill Medicare and Pacific Source directly, for all other insurance providers there is a $30 charge for the vaccination.

Oktoberfest is on its way…remember to tell your family and friends to join you for festive food, accordion music and of course BEER! Don't forget to dress in your Lederhosen for dinner.

Hope to see everyone for our Annual Halloween Party in the Activity Room the night of October 31st from 3:30-5:00 pm. Dress up for your chance to win one of three "Best Costume" baskets full of spooky goodness! We will be playing everyone's holiday favorite game, Halloween Bingo…join us for a chance to yell out and win!

Some residents know Bill Lewis, he teaches watercolors here in the Art & Crafts Room. This month he is bringing in something different. He will be joining us on Tuesday, October 15th to give a short presentation on the BEMER Physical Vascular Technology. He will introduce BEMER Therapy which will help with blood flow. As we know blood flow is necessary to sustain cell health, performance, repair and regeneration. Join Bill at 3:00 pm to learn more.

Our very own Angela Vanderpool will be starting an 8-week Grief Support group that will meet in the Theater Room every Monday at 10:00 am. This group will be open to staff, residents and family members that would like to participate. Join her upstairs starting Monday, October 7th.

A Providence health insurance representative will be coming in to host a pie social! He will be joining us here to answer any questions residents may have about their coverage. Join us in the Activity Room on Sunday, October 20th for mouth-watering pie. There will be no pressure to join, he is simply coming in to answer questions because they understand how confusing insurance coverage may be at times.

Lots of music coming your way! Dinner music by Victor Johnson and Larry Rauch. Saturday, October 26th Ruth and Arloa join us for a wonderful performance in the Activity Room at 6:00pm. Everyone's favorite blue grass group returns on the second Tuesday of the month, don't miss Old Time Jammin' at 6:00 pm in the Activity Room. Let's not forget Meg Graf driving over from the valley to play the Accordion for our festive Oktoberfest!

This month Art with Charlene will be offering a few different classes. Frustrated with making trees, clouds, flowers or circular moons? Join me on Tuesday, October 8th and 22nd at 3:00 in the Art Room for a "how to" class. Each class will cover a different area most people struggle with and we will practice different techniques. Hope to see you there!

Charlene Vieaux, Activity Director

ARTS & CRAFT FUN!

GETTING TO KNOW YOU Featured EMPLOYEE

Morgan McKillip

Morgan was born in Portland, Oregon, at a young age her family relocated to Salem where she was raised. Her family stayed in Salem where both her and her older sister, Megan, went to high school. Not to long out of high school, Morgan began working as a receptionist for a law firm. Morgan worked for this law firm for over 6 years before moving to Central Oregon. New to Central Oregon she began looking for a job similar to what she had before in the Valley. Not too long after relocating to Prineville, she applied for our very own Receptionist ad. Upon first interviewing Morgan, our management team knew she was the one!

Morgan enjoys hiking, family and travelling. One of her favorite travels was to Mexico, she's enjoyed both Puerto Vallarta and Cancun. When she's not working or travelling, she loves to spend time with her sister and two nephews, Mason age 7 and Colton age 4. Morgan is excited to be here in Central Oregon it's the perfect place to explore and enjoy many hikes with gorgeous views.

If you have not yet met Morgan, she works the front desk during the week, stop in and say "hi" the next time you see her smiling face!

CELEBRATING OUR GREATEST ASSETS WW EMPLOYEES

Maurice Hart-Kitchen

Alzheimer's Walk

FROM MARKETING

Happy Fall y'all! Halloween is right around the corner so you might want to start thinking of a unique costume. You never know who will win "best costume" at the annual Halloween party.

Over the past couple of months, I'm sure everyone has noticed many new faces here at Whispering Winds. Please take a minute and introduce yourself to those new residents, sometimes it can be a little overwhelming to move into a new place. I would also like to welcome our newest member of the Welcome Committee, Margie Rose, welcome! So happy to have you on board. If anyone else is interested in joining the Welcome Committee, please visit Judy in the Marketing Office.

Judy Duggan, Marketing Director

FROM THE DINING ROOM

Happy Fall! I hope you enjoyed that tiny taste of winter we started with. Oktoberfest is right around the corner... beer, brats and wonderful music! Remember to invite family and friends to join you for dinner, guest meal tickets can be purchased at the Front Desk.

We want to start our fall with a new Star Server, Katie Beelar! Katie has been a positive, helpful, and all-around strong member of our team for nearly a year and we don't know what we would do without her! Be sure to congratulate her with a fist bump or a high five, we are so happy to have her here at Whispering Winds.

Erin Oliveira

Old Back 9 Golf Trip

LISA'S WORKOUT

The change of seasons is here! Time for sweaters, falling leaves, football, and unfortunately cold and flu season. But there are some things you can do to keep your immune system strong until the warm weather comes again, here are a few:

1. Wash your hands more often. Think about everything you touch throughout the day. Bathroom doorknobs, elevator buttons, hand rails, etc. If someone coughs in their hand and then touches that elevator button, guess what? Those germs get transferred to you when you touch it.
2. Get enough sleep. Not only does lack of sleep break down your immune system, but not getting enough of it while recovering will turn that three day cold into a three week one.
3. Eat good food. I know, I know, healthy foods don't always taste as good as dessert, but eating the right stuff is worth it if you want to avoid illness. Make sure you're eating your greens as well as fruits, whole grains and fish. If you really want to take it up a notch add probiotics, green tea, garlic and ginger to your diet.
4. Hang out with your friends. Research shows that feeling lonely wreaks havoc on our immune systems. The colder weather may make you want to hunker down in your apartment with a blanket and some TV, but it's a lot better for your health if you make an effort so see your friends and family.
5. Find some time to de-stress. The brain and the body are constantly communicating with each other. So if stress is wearing you down emotionally, it's likely to weaken your immune system as well. Try a yoga class, or find some time to meditate even if it's for just ten minutes.
6. Exercise! Exercise has tons of mental and physical benefits, one being its immune boosting powers. Just 20-30 minutes of exercise daily can give our immune systems a huge boost. So take a class, go for a walk, or head to the gym!

Cheers to staying healthy!

OCTOBER BIRTHDAYS

Lynn Traveller 10-2
Audrey Kolb 10-3
Elaine Ross 10-7
Joanne Picetti 10-7
Charles Blanchard 10-9
Bob Blomquist 10-23
Barbara Asher 10-23
Harriet Dickson 10-23
Eleanor Ries 10-24
Orv Mosbo 10-28

HAPPY ANNIVERSARY

Wayne & Harriet Dickson 10-1

Distinctive Retirement Lifestyles

WHISPERING WINDS

Wind Chimes

October 2019

From the Manager's Desk

WOW! What an incredible month this has been. I'd like to personally thank all those who participated in the Alzheimer's Walk or donated for this wonderful cause. We had a great group of residents and staff that represented Whispering Winds. I hope everyone had the opportunity to enjoy Viva Vino, the weather held out just long enough to give us a nice warm afternoon before the snow hit. Thank you to all those employees that helped make this an exceptional event.

Coming up this month, we will be hosting an Oktoberfest party on Friday, the 18th in the Dining Room. Be sure to invite your family and friends to join you for this festive buffet, music and beer. Also, Charlene will be throwing a wonderful Halloween Happy Hour, be sure to wear your favorite costume for a chance to win the costume contest. Have a wonderful October!

Carrie Kasch, General Manager

THIS MONTH

OKTOBERFEST

Come and celebrate the season with festive brews, food and music at Whispering Winds Oktoberfest!

Friday, October 18th
4:00 - 7:00 pm

Senior Games