

## From the Manager's Desk

Happy April, everyone-- I would like to start off with a very big thank you to Lisa! She put on an amazing day full of excitement for our SENIOR GAMES 2025! It was so much fun to watch everyone; smiling, laughing, and showing off their skill sets! We can't wait to do it again for 2026. Coming up this month, we have our "Experience Whispering Winds" series, where we invite possible future residents to join us and learn what makes WW exceptional. Easter Sunday is also coming up soon, so be sure to make your reservations for brunch. We will also be doing an Easter Egg Hunt that day, so get your hunting baskets ready! Make sure you don't miss the first meeting for our Variety Show, it was a big hit in 2024 and we are excited to do it again this year. If you have ideas or a special talent you want to show off, please join us or contact Erin Oliveira to discuss it. Check your calendars for dates & times, we can't wait to see you!

Carrie Kasch

## March Shenanigans



## Featured Event



## Socrates Cafe

With universal topics, our group discussions endeavor to replicate the spirit of Socrates-- to search for meaning through sincere and respectful questioning. Participation is fluid and there is no commitment. We look forward to your joining us while we ponder such topics as: love, conformity, happiness, and Artificial Intelligence. Mark Magness and Prudence Sousa

## Marketing Corner

April is a great month to connect with others. The weather is shifting and the days are getting longer. Connecting can be done at events or social gatherings, but one of my favorite ways to connect with others is through volunteering or helping others. The Giving Plate is an amazing organization that not only provides food for those that need it but they also provide a lot of other services for families in our community. In April they will be having an Easter Basket Drive. They are planning to create Easter baskets for kids between the ages of 1-12 years old that wouldn't otherwise get one. Whispering Winds will be collecting donations for this in our lobby. The following items are what they are looking for:



- Filled Easter Eggs
- Coloring Books
- Coloring Crayons
- Markers
- Candies
- Small Toys
- Bubbles
- \$5-\$10 Kids Gift Cards

The deadline for this is April 8th. Please see Shannon or Erin if you have any questions and join us in helping others and starting off Spring in a bright and sunny way!

"Spring adds new life and new beauty to all that is." — Jessica Harrelson

Shannon Bennett

## Upcoming Birthdays

### Residents

Mila Shane 4/5  
Kathy Sansom 4/10  
Carol Shropshire 4/12  
Bill Barlow 4/17  
Evelyn Finegan 4/25  
Helen Seher 4/25  
Dee Mangin 4/27

### Employees

Pebbles F 4/4  
Liam P 4/5  
Annabella 4/7  
Jess E 4/8  
TJ C 4/10  
Cheyanne F 4/17  
Joey E 4/23  
Kurt W 4/26

HAPPY BIRTHDAY



Senior Games gets serious with a game of Chair Volleyball.



*Congratulations!*

## Employee Anniversaries

Erin Oliveira - 12 years

## SENIOR GAMES 1ST PLACE WINNERS





## Health & Fitness with Lisa

April is Parkinson's Awareness Month, and Whispering Winds is thrilled to join the National Institute for Fitness and Sport (NIFS) in Pump it for Parkinson's on Thursday, April 10, 2025! This nationwide event connects senior living providers across the country to raise awareness of Parkinson's Disease and highlight how exercise can ease the symptoms many experience daily. We are excited to host a NuStep-A-Thon in the front lobby, challenging our residents and staff to contribute to the nationwide goal of 25 million steps! Residents and employees can sign up for 15-minute time slots between 8:00am and 3:00pm to log their steps on the NuStep to pump up our step total! Our building goal this year is a big one, 60,000 steps, but we are totally capable if we work together! In addition to movement, we'll have games, refreshments and information about Parkinson's. No experience on the NuStep machine is necessary, but if you would like an orientation give Lisa a call at 2025. Let's make a difference together as we represent Whispering Winds in this nationwide effort to raise awareness, promote movement, and support the fight against Parkinson's Disease!

Sign up today!

Lisa Gentz



## Update for Prayer Service

Catholic-Christian Prayer Services are held every Friday, 10:30-11am in the 3rd floor theater. Need more information? Contact Bill Sansom in 326, Paul Jordan in 235, or St Francis' Minister of Care, Patrick, at 312-438-5640



## The Challenge of Brain Games



## New in the Library

*March's Book Club Selection*  
James by Percival Everett

## Fiction

Savage Touch by Cassie Edwards

Too Cold to Snow by Sue A Fountain

The Other Boleyn Girl by Phillipa Gregory

Save It for Sunday by William W Johnstone

Lake Wobegon Days by Garrison Keillor

Challenging Matt by Julianna Morris

My Life in Corrections by Richard Nelson

The Secret Between Them by Cathryn Parry

## Non-Fiction

The Charley Pride Story by Tim Henderson

365 Days of Philosophy by Dae Lee

## Employee Spotlight Ron Hillard

Born in San Jose, California, and raised in the Bay Area until 1984, Ron has always valued family and community. He is a proud father of four adult children—Chris, Keith, Kyle, and Katie—and a loving grandfather to four wonderful grandkids.

With a strong passion for hospitality, he pursued a degree in Hotel Management, setting the stage for a fulfilling career. His journey began at the Concord Hilton, where he gained valuable experience over five years. From there, he spent 15 years at the Inn at the 7th Mountain, followed by a decade at Sunriver. For the past 15 years, he has been a dedicated member of the Whispering Winds team, bringing warmth, dedication, and a true love for his work.

Outside of his career, family remains his top priority. He enjoys spending quality time with loved ones and his loyal dog, Willie. A sports enthusiast through and through, he has a deep love for golf, collecting sports cards, and—most notably—cheering on the San Francisco 49ers as a proud 49er Faithful. Yard work is another favorite pastime, and he takes pride in maintaining a beautiful outdoor space. Above all, he enjoys bringing laughter and joy to those around him.

His journey to Whispering Winds came after a particularly grueling 15-hour shift at Sunriver. Tired but determined, he told his wife he was ready for a simple Monday-to-Friday job. That search led him to Whispering Winds, where he found not just a workplace, but a true sense of belonging among coworkers and residents.

At his core, he is a family man who is passionate about his work, his team, and the people in his life. Whether at home, at work, or cheering on his 49ers, he approaches everything with dedication, enthusiasm, and a great sense of humor.

**What would the title of your autobiography be?** “He wore it on his sleeve.” I have been told I wear my heart on my sleeve.

**What advice would you give to yourself at 15?** Figure out what makes you happy and do more of that. Stay true to you, only you know what best for you.

**If you could choose one song to play every time you entered a room, what song would it be?** “Universal Love” by Sons of Zion.

**What was the last gift you gave or favorite gift you’ve given?** I gave my heart to my wife 40 years ago!





## Special Projects with Erin

As technology advances, so do the tactics of scammers looking to take advantage of unsuspecting victims. Unfortunately, seniors are often targeted due to their trusting nature and, in some cases, unfamiliarity with newer digital threats. Awareness is the best defense against these scams, here are the most common fraud schemes targeting older adults and how to avoid them.

**Medicare and Health Insurance Scams:** Scammers pose as Medicare representatives to collect personal information, often claiming they need to issue a new Medicare card or verify details. Others may offer fake medical services to obtain seniors' health insurance numbers. **How to Avoid It:** Never give personal information over the phone unless you initiated the call. Medicare and other official agencies will never ask for sensitive details unsolicited.

**Grandparent Scam:** This emotional scam involves a fraudster calling a senior, pretending to be a grandchild in distress and needing money urgently. They may claim to be in jail, stranded, or in an emergency situation. **How to Avoid It:** Always verify the caller's identity by asking questions only the real grandchild would know. Call back using a known number before sending any money.

**Tech Support Scams:** Seniors may receive a pop-up alert or phone call claiming their computer has a virus. The scammer offers to fix the issue remotely but instead installs malware or steals sensitive information. **How to Avoid It:** Never grant remote access to an unknown caller. Only seek tech support from trusted sources.

**Sheriff Office Scam:** In this scam, fraudsters impersonate local law enforcement, claiming you have an outstanding warrant, missed jury duty, or have unpaid fines. The scammer pressures the victim to pay immediately, often through wire transfers or gift cards. **How to Avoid It:** Law enforcement agencies do not demand payment over the phone or via gift cards. If you receive such a call, hang up and contact your local sheriff's office directly to verify the claim.

**Romance Scams:** Online fraudsters build relationships with seniors over time, eventually requesting money for emergencies or travel. Many victims send significant sums before realizing they've been deceived. **How to Avoid It:** Be cautious of online relationships that progress quickly. Never send money to someone you haven't met in person.

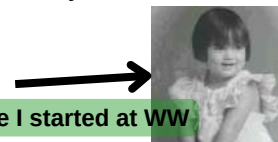
**Investment and Financial Scams:** Fraudsters may promise high-return, low-risk investments or pressure seniors into unnecessary financial products. **How to Avoid It:** Consult a trusted financial advisor before making investment decisions. Be wary of deals that sound too good to be true.

**How to Protect Yourself or a Loved One:**

- Stay Skeptical: If something sounds too good to be true, it probably is.
- Verify Callers: Never provide personal information to unsolicited callers.
- Secure Personal Information: Shred financial documents and never share Social Security or bank details over the phone.
- Use Strong Passwords: Keep online accounts secure with unique, complex passwords.
- Report Suspicious Activity: If you suspect a scam, report it to local authorities or the Federal Trade Commission (FTC). By staying informed and cautious, seniors can protect themselves from scams and ensure their hard-earned savings remain secure.

Also, April marks 12 years since I started this incredible journey at Whispering Winds, and I just want to take a moment to say thank you. I'm grateful for the opportunities, the challenges that have helped me grow, and most importantly, the amazing people who have made this experience so rewarding. I don't know where I would be if someone hadn't taken a chance on me, all that time ago! Cheers to many more years!

Thank you for everything,  
Erin Oliveira



Me just before I started at WW

## St Patrick's Day Dinner & Dance

Thank you to everyone who joined us!





2920 NE Conners Ave  
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## Announcements

Learn more about Whispering  
Winds




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WELCOME

New Residents



Charlie & Donna Young