

## Wind Chimes March 2020

### From the Manager's Desk

I hope everyone had as much fun as I did at the Roaring 20's of 2020 party. I'd like to take the time to thank our Activity and Dining Room departments for all their hard work with decorations and making this such a special event. A special recognition to the kitchen staff for all their hard work in creating and maintaining a buffet filled with wonderful food. I'm so excited for all the parties still to come this year.

This month Whispering Winds will be hosting the Senior Center St. Patrick's Day Dance on Friday, March 13<sup>th</sup> from 6:00 – 9:00pm. Transportation to the dance part of this event will be provided. Please be sure to sign up in the Book near the mailboxes.

I would like to remind everyone of the monthly resident meetings. We will be holding them on the second Tuesday of every month at 3:30 pm. If you have any "Topics of Conversation" please fill out a slip at the front desk. Topics must be received one day prior to the meeting.

*Carrie Kasch, General Manager*

T H I S M O N T H

### Senior Center St. Patrick's Day Dance

**Friday, March 13<sup>th</sup>**  
6:00 - 7:00 pm Dinner  
7:00 - 9:00 pm Dancing

Entertainment by:  
**The Notables Swing Band**

### Roaring 20's of 2020!



## Active with Charlene

Wow, we are just flying through this year, March 2020 here we come. With every month comes new adventures and activities. Keep an eye on your Calendar, highlights and flyers, don't miss those special presentations or social events.

St. Patricks Day lands on a Tuesday this year, the Friday before is where all the fun begins! Let's not party too hard at happy hour because the bus will be leaving that same night at 6:45 pm to the Senior Center. Whispering Winds hosts the Senior Center St. Patricks Day Dance every year and we will be providing transportation to the dancing portion of the event. Dance till your hearts content with The Notables Swing Band from 7:00 – 9:00 pm. Join us in a special holiday themed Happy Hour on Tuesday, March 17<sup>th</sup> and don't forget to wear your green. Green beer, green wine, green decorations....everything green!

With so many activities and events happening in the building its hard to keep track of them all. Monday nights Mexican Train is played in the Juniper Room, Bunco happens on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays in the Fireside Room, Poker on Thursday afternoons in the Billiards Room and lets not forget about Scrabble on Fridays or Quiddler on Wednesday. These players are always looking for new residents to join in on their game. No need to sign up, just show up ready to play! Would you like to create a new group of gamers? Talk to Charlene in the Activity Office for available dates and times. Is anyone interested in bringing back Wii Bowling? Let me know!

Lunches out on the town are back! Have a suggestion? Drop it off in the comment box outside the Activity Office. Ale trail participants can do the same...want to try somewhere new or have we not been going to your favorite spot, please let us know so we can add it into our rotation of wonderful places to eat out.

Bingo Fundraiser! Let's all play a little Bingo hosted by Mountain View high school students. The donations raised here will go towards the Mountain View Cougar Pageant. Purchase your Bingo cards for your chance to win. Local businesses have graciously pitched in baskets for Bingo winners. Invite family, friends and neighbors to join the fun. Never played before? That's ok, we will have students that can help explain how each game is played.

As the weather improves and spring approaches, Whispering Winds will be providing more opportunities to get out in the

sunshine. More outings, more shopping trips and more Men's and Women's group outings. Join the drivers on the Sunday drives to nearby towns for coffee or ice cream, let's get out of the building and enjoy the countryside.

I'm extremely excited for the warmer weather to come back, I can't get enough of the outdoors. Come on springtime! The trees transform and yellow daffodils slowly come up from the frosty surface. The birds chirp in the warm spring air and soon enough our residents will be enjoying walks in the sunshine!

*Charlene Vieaux, Activity Director*

## ARTS & CRAFT FUN!



**GETTING TO KNOW YOU** *Featured EMPLOYEE*

**Lizeth Pacheco**

Lizeth was born in Montclair, California but at the young age of 3, her family relocated to beautiful Bend, Oregon. Lizeth has 3 siblings, an older sister and a younger brother and sister. She graduated from Summit high school in 2014 before attending college. Lizeth went to Central Oregon Community College where she worked on her general studies and thought about going into the Medical field.

Since then she has changed her career choice to joining the Army where she can work on becoming part of the Red Cross relief efforts. Lizeth's plan is to one day help those in need after a natural disaster occurs. Help aid those families that are in need of assistance after going through a terrifying event such as an earthquake, hurricane or tornado. She is currently studying and taking practice tests before heading to Portland for the real deal.



In her spare time, Lizeth enjoys hiking, going to the gym and hanging out with friends. She has worked here at

Whispering Winds for nearly 3 years. Lizeth says her favorite thing about working here is the feeling she gets when helping the residents, "when residents smile at me because of something I did, it makes me feel so much joy." Not only do the residents give her so much joy but Lizeth says they have really helped her come out of her shell, working at Whispering Winds has helped her in so many ways.

Next time you're in the Dining Room and have Lizeth as your server, be sure to give her a great big smile!





**Ale Trail**

**FROM MARKETING**

Top of the day to you! March is here, keep an eye out for any leprechaun's running around the building!

Every year Whispering Winds hosts the St. Patrick's Day Dinner and Dance at the Senior Center. This year it will be on Friday, March 13<sup>th</sup>, from 6:00 pm to 9:00 pm. Whispering Winds will be providing transportation to the Dance portion of this event, bus will be leaving at 6:45 pm. Let's all get our swing on with "The Notables Swing Band," performing live from 7:00 – 9:00 pm. Please be sure to sign up in the book up front, the bus will fill up fast!

Happy St. Patty's Day!

*Judy Duggan, Marketing Director*



**FROM THE DINING ROOM**

Hey everyone, who is ready for some warmer Weather? Ready or not Spring will be here the 19<sup>th</sup> of this month and I am pretty excited about it.

I hope the Roaring 20's party was to your liking and you had the chance to practice your "Charleston Moves". We never miss an opportunity to entertain you, coming up this month, St Patrick's day. I trust Chef Troy to come up with his best Irish inspired recipes. On the dining room side, I will make sure that my Leprechauns and myself keep on giving you the best service. Don't forget that Whispering Winds will be hosting a dinner at the Bend Senior Center with a little dancing afterwards. Sign up in the book for transportation. I know that we are the best place to be, around town, and I am proud to show what we can offer. I hope to see some of you there.

I want to remind all of you that the food committee meeting is open to all and as you know the more the merrier. I think it is important that every one of you has a chance to express their feelings or expectations. Troy and I are here for you.

*Geoff Lefebvre, Dining Room Manager*



**Crab Feed**



## LISA'S WORKOUT



### 4 Types of Exercise

Well we're finished with the January Cardio Challenge and everyone that participated did an amazing job! I realized after we started that there might be some confusion about what constitutes "cardio" exercise, so I figured that this month I would do a refresher on the four types of exercise.

1. Cardio or Aerobic exercise works your heart, lungs and to some extent your muscles. Cardio helps with overall endurance and it can aid with weight loss. Recumbent biking, walking, and stair climbing are all good examples. This type of exercise gets your heart rate to increase and might make you feel a little "winded".
2. Strength or resistance training maintains and builds your muscles. Strength exercises help to keep your bones strong, control blood sugar, aid in weight control and is a big part of balance. It can also reduce strain in your joints and back. Lifting weights, using resistance bands and performing bodyweight exercises such as squats are all great ways to incorporate strength training into your fitness program.
3. Balance training keeps you steady on your feet and strengthens your leg and core muscles to prevent falls. This is extremely important as we age.
4. Flexibility training is the key to staying mobile and living well without pain or injury. Simple stretching and yoga can reduce muscle fatigue and stiffness, restore energy, provide calm and improve thinking.

I hope this helps to explain the different types of exercise. We need to incorporate all these different aspects and try not to ignore something because we "don't like it". Give Lisa a call if you have questions or want to start a new program. Let's live our best life in 2020!

Cheers to your health!



**Happy Heart Walk**



**Cardio Drumming!**

### MARCH BIRTHDAYS

Riley Helmstetter 3-14	Sally Walker 3-14
Duane Aasland 3-15	Shirley Fraley 3-15
Evelyn Brunkal 3-15	John Graham 3-23
Albert Sanelli 3-23	Lyndall Johnson 3-24
Sandy Lehane 3-27	Doris Ribble 3-28
Donna Nevils 3-28	Dory Poronto 3-29
Lynn Gottlieb 3-31	

### HAPPY ANNIVERSARY

Bill & Anne Barlow 3-2

**ANNOUNCEMENTS & SPECIAL EVENTS**



<b>DEPARTMENT HEAD DIRECTORY</b>	
<b>General Manager:</b>	<b>Carrie Kasch</b>
<b>Assistant Manager:</b>	<b>Jodi Clugston</b>
<b>Marketing:</b>	<b>Judy Duggan</b>
<b>Director of Culture Engagement:</b>	<b>Angela Vanderpool</b>
<b>Kitchen:</b>	<b>Troy Stauffer</b>
<b>Dining Room:</b>	<b>Geoffrey Lefebvre</b>
<b>Hospitality Director:</b>	<b>Ron Hillard</b>
<b>Activities Director:</b>	<b>Charlene Vieaux</b>
<b>Maintenance Director:</b>	<b>Jacob Witherspoon</b>

