

Featured Event

**Resident Appreciation Dinner
January 22nd, 2024
By Reservation Only**

From the Manager's Desk

Happy New Year! As we step into January, it is a perfect time to reflect on the accomplishments of last year and the opportunities that lie ahead. At Whispering Winds, we are committed to making 2025 a year filled with purpose, connection, and joy for everyone in our community.

One of the things I love most about January is the sense of renewal it brings. It's a chance to turn the page, set new goals, and embrace fresh beginnings. For us, this means continuing to enhance the services and activities we offer, ensuring WW remains a vibrant and welcoming place to call home.

I'd also like to take a moment to thank our dedicated team. Your hard work and caring attitudes make all the difference, and I'm grateful every day for the way you serve our residents with compassion and respect. To our residents and families, thank you for your trust and support and kind words to our employees. Together, we've built a community where everyone can thrive.

As we move into 2025, be sure to check the activity calendars and don't hesitate to suggest any new ideas for programs or events – we're always looking for new ways to make your experience here even better! Keep an eye out for details on our Resident Appreciation Dinner on Wednesday, January 22nd, you won't want to miss it!

Here's to a year of health, happiness, and shared memories!

Carrie Kasch

New in the Library

*December's Book Club
Selection*

The Nazi Conspiracy by
Brad Meltzer

So Much Blue by Percival
Everett

White Out by Ken Follett

Hidden Riches by Nora
Roberts

Mind Games by Nora
Roberts

The Whittiers by Danielle
Steele

High Stakes by Danielle
Steele

Honor Theyself by Danielle
Steele

Song of America by Jon
Meacham

The Grief Recovery
Handbook by Jogn W
James

Health & Fitness with Lisa

As I write this article I am on the verge of tears. My heart is so full of pride and appreciation for everyone who participated and donated to this year's Jingle Bell Walk-a-Thon. The following are a few stats that I hope will make you as happy as I am:

We had 16 walkers this year, which is 5 more than last year. A total of 114 laps around the building were recorded, which is about 19 miles walked. Helen Jones was our top walker with 20 laps. Melitta was our top fundraiser with help from her amazing family (and some of her WW family.) My favorite success story was a person who walked 2 laps, which doesn't sound like a ton, but for this person it was a huge challenge and I'm so proud of her (you know who you are.) With everyone's help we wrote a \$2,500 check to the Bend Food Project! My personal fundraising goal was to surpass last year's total of \$1,200 and we CRUSHED IT! I can't say thank you enough!

I'm looking forward to an amazing 2025 with more challenges and accomplishments! We have the Senior Games coming up in February and some fun gym renovations and additions to the fitness calendar, so stay tuned. Let's get healthy and stay healthy together! Please let me know if I can help you in any way.

Cheers to 2025 and more importantly, cheers to your health!



Upcoming Birthdays

Residents

- Chet Evenson 1/2
- Fay Chaikin 1/8
- Bill Sansom 1/16
- Ann Frazier 1/24
- Bette Johnson 1/30
- Don Schomaker 1/31

Employees

- Carmen U 1/5
- Amber M 1/6
- Javier G 1/6
- Kyle D 1/7
- Ana R 1/7
- Lindsey P 1/20
- Cecilia V 1/24



Employee Anniversaries

- Shannon,
Assistant Manager 2 years
- Erika,
Housekeeping 2 years



Marketing Corner

Happy New Year from all of us at Whispering Winds. As we step into 2025, we are filled with hope, excitement, and gratitude for the wonderful community we share. January is a time for fresh starts, new goals, and endless opportunities for connection and growth. We're eager to begin the year with all of you and make 2025 a year full of joy, health, and meaningful memories.

Best wishes for 2025,

Judy Duggan

Happy
New Year

Resolutions with Erin

As the clock strikes midnight and the calendar turns to January 1st, the air fills with a sense of renewal. The New Year represents a universal symbol of hope, a blank canvas to paint a tomorrow we can look forward to. It's a moment that invites reflection on the past while kindling excitement for what lies ahead.

Before setting resolutions, it's worth pausing to reflect on the year gone by. What moments brought you joy, were there lessons that shaped your personal growth? Reflection is not about dwelling on regrets but understanding what's worth carrying forward and what is better left behind. Journaling, meditating, or simply having a quiet conversation with oneself can be powerful ways to process the year's journey. New Year's resolutions often get a bad rap for being cliché or destined to fail. However, when approached with intention and authenticity, they can serve as meaningful guideposts for the year ahead.

Here are some tips for creating resolutions that stick:

1. **Be Specific:** Vague goals like "get healthier" or "be happier" are harder to achieve. Instead, aim for actionable steps like "exercise three times a week" or "practice gratitude daily."
2. **Align with Values:** Choose resolutions that resonate with your core beliefs and long-term goals. This alignment makes them more fulfilling and easier to pursue.
3. **Break It Down:** Large goals can feel overwhelming. Break them into smaller, manageable milestones to track progress and celebrate achievements along the way.
4. **Be Flexible:** Life is unpredictable, and rigid goals can lead to frustration. Allow space for adjustments while staying committed to the overarching intention.

As you step into the New Year, remember to cultivate gratitude for the present moment and grace for the journey ahead. Gratitude shifts focus from what's lacking to what's abundant, enriching every step forward. Grace, on the other hand, reminds us that imperfection is part of being human and that setbacks are opportunities for growth rather than reasons for self-criticism.

The New Year is not about achieving perfection but embracing progress. It's a time to nurture relationships, explore passions, and invest in self-care. Whether your resolutions involve learning a new skill, deepening connections, or simply savoring life's small joys, what matters most is the intention behind them.

As the year unfolds, keep in mind that change is a process, not a destination. Celebrate each step, no matter how small, and cherish the ever unfolding story of your life. The New Year is a gift, a chance to rewrite chapters, try something new, and become the best version of yourself—one resolution at a time.



Happy New Year and happy resolutioning,
Erin Oliveira

Employee Spotlight Tyler Beelar

Tyler was born in Rainier, Oregon, and is a proud seventh-generation Oregonian with a rich family heritage rooted in logging, farming, and diverse trades. His only “child” is his beloved cat, Honey.

Tyler’s journey at Whispering Winds began five years ago when his sister, Katie, encouraged him to interview for a summer job as waitstaff. What started as a temporary gig quickly became a rewarding career. Over the years, Tyler embraced opportunities to train in various departments, gaining valuable experience. However, the dining room always called him back, and his dedication and growth led to his current role as Dining Room Manager. When asked if he’s engaged yet—a question he gets often—Tyler shares that he and his girlfriend are enjoying their youth and growing together. Outside of work, Tyler has a variety of passions. A skilled pianist, you might catch him playing in the dining room or activity room during his free time. He also enjoys spending time outdoors, connecting with his family, and exploring his interest in genealogy, discovering more about his deep Oregonian roots.

What would the title of your autobiography be? He forgot to answer this one, but I would name it “Growing better, faster,” because we have had the pleasure of watching him grow as a person and as a manager, in an incredibly short time. **What advice would you give to yourself at 15?** Don’t be so careful, exercise your free will, and get outside more! **If you could choose one song to play every time you entered a room, what song would it be?** Ding Dang-The Beach Boys. Short n sweet :)

What was the last gift you gave to someone? **Favorite gift you’ve given?** I printed photos to begin a photo album. And its the same answer for both, building a physical photo album is so fun and special.



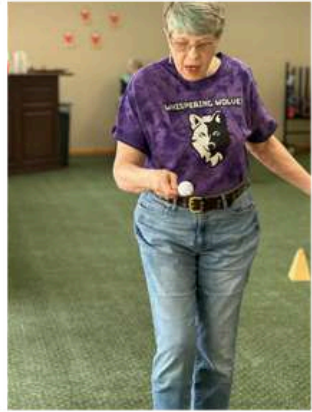
From The Dining Room

We made it to 2025, folks. It has been a pleasure to watch as new residents settle in, make new friends, as see how much fun being at Whispering Winds can be. We have had so many new faces in our staff and said goodbye to some staff who were ready to move on to the next stages of their lives. We have thrown some pretty great parties and celebrations. We had SO MUCH great food, in styles from all over the world. We are excited to start 2025 and do it all again. Coming up this month is our Annual Resident Appreciation Dinner, watch for invitations with instructions for reservations. You’ll also see Aged to Perfection this month! Then, lets see what other party themes we can come up with for 2025, we can’t wait! Happy New Year! We’ll see you for your next meal.

LOOKING BACK

2024

Car Shows Master Gardeners Senior Games Aged to Perfection Park Walks
Courtyard in Bloom Employee of the Year Variety Show Showing Pumpkin
Patch Party Crews Snuggles for Street Dog Hero




Announcements

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Winds




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WELCOME

New Residents



Tony & Sunny



Elaine



John