

Featured Event

From the Manager's Desk

I want to extend a heartfelt thank you to our incredible Chef and all of our dedicated staff for making the Viva Vino event such a fun and memorable experience! Your hard work and enthusiasm truly made the evening special, and I appreciate everything you do to bring joy to our community.

As we welcome March, I want to remind everyone that we are still in flu season. Please continue to take precautions—if you are feeling unwell, remember to rest and stay in your apartment for five days after symptoms resolve to help keep our community healthy and safe.

Looking ahead, we have some exciting events coming up! We can't wait to celebrate St. Patrick's Day together with some special festivities. Also, be on the lookout for details about our upcoming Senior Games—an opportunity for fun, friendly competition, and community spirit.

Thank you all for your continued support and participation. Here's to a wonderful March!

Best regards,
Carrie Kasch



A very special THANK YOU to our resident Mark (right), and actors Samantha and Andrew for a wonderful performance of AR Gurney's "Love Letters!"

Valentine's Day at WW



Marketing Corner

We have some good news! You can now purchase as many US Postage Stamps at the front desk that you would like, we are not limiting them anymore!

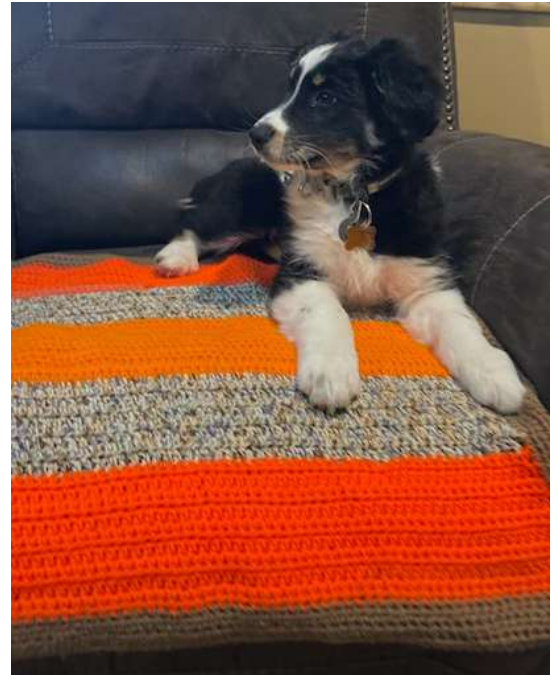
I also wanted to let you know about a feature through the Deschutes Public Library I have found that is very fun and useful. If you listen to audiobooks there is an app called Libby that you can download books to listen to. You can get this app on your phone or iPad. What I just discovered is that they now have over 5,000 magazines that you can access for free. You can even subscribe and when the new publication comes out the app will notify you.

St. Patty's Day is right around the corner. Every year Larkspur Community Center hosts a dance and Whispering Winds provides a traditional Irish Buffet. There will be live music, dancing and you may even spot a fun leprechaun that you might recognize as our very own.....Judy! We will have a table reserved for our Residents to attend. Hope you decide to join us for this fun evening!

A good friend is like a four-leaf clover. Hard to find and lucky to have – Irish Blessing

Have a great March and start to Spring!!
Shannon Bennett

SOME VIVA VINO RAFFLE WINNERS



Zeppy, a new local surrender, went home for an adoption trial today loving his new warm snuggle, made with love by The Busy Fingers!

Upcoming Birthdays

Residents

- Bill Ferrin 3/8
- Donna Trussell 3/8
- Marilyn Smith 3/10
- Riley Helmstetter 3/14
- Bob Crites 3/16
- Preston Jones 3/19
- Al Sanelli 3/23
- Roger Singer 3/27
- Elaine Hohensee 3/28
- Betty Bratten 3/30

Employees

- Rodrigo T 3/13
- Shannon B 3/15
- Athena M 3/29



Employee Anniversaries

- Wen, Dining Staff, 2 years
- Maryn, Dining Staff, 1 year
- Michelle, Housekeeping, 2 years



Health & Fitness with Lisa

You don't have to be a bodybuilder or professional athlete to reap the benefits of resistance training. When done correctly, resistance training can help you lose fat, increase your strength and muscle tone, and improve your bone density. If done incorrectly, however, resistance training won't give you these benefits — and may even lead to injury.

When you are lifting weights, do:

- Lift an appropriate amount of weight. Start with a weight you can lift comfortably 12 to 15 times.
- For most people, a single set of 12 to 15 repetitions with a weight that fatigues the muscles can build strength efficiently and can be as effective as three sets of the same exercise. As you get stronger, gradually increase the amount of weight.
- Use proper form. Learn to do each exercise correctly. When lifting weights, move through the full range of motion in your joints. The better your form, the better your results, and the less likely you are to hurt yourself. If you're unable to maintain good form, decrease the weight or the number of repetitions. Remember that proper form matters even when you pick up and replace your weights on the weight racks.
- If you're not sure whether you're doing a particular exercise correctly, ask me (Lisa) for help.
- Breathe. You might be tempted to hold your breath while you're lifting weights. Don't hold your breath. Instead, breathe out as you lift the weight and breathe in as you lower the weight.
- Seek balance. Work all of your major muscles — including the abdomen, hips, legs, chest, back, shoulders and arms. Strengthen the opposing muscles in a balanced way, such as the fronts and backs of the arms.
- Incorporate weight training into a fitness routine at least two times a week. The Department of Health and Human Services recommends incorporating strength training exercises of all the major muscle groups into a fitness routine at least two times a week.
- Rest. Avoid exercising the same muscles two days in a row.

Follow these tips to avoid common mistakes when you are lifting weights:

- Don't skip the warmup. Cold muscles are more prone to injury than are warm muscles. Before you lift weights, warm up with five to 10 minutes of brisk walking or other aerobic activity.
- Don't rush. Move the weight in an unhurried, controlled fashion. Taking it slow helps you isolate the muscles you want to work and keeps you from relying on momentum to lift the weight. Rest for about one minute between each exercise.
- Don't overdo. For most people, completing one to two sets of exercises to the point of fatigue is usually enough.
- Don't ignore pain. If an exercise causes pain, stop. Try the exercise again in a few days or try it with less weight.

If you have any questions or would like to start a resistance training program just give me a call at extension 2025 or stop by the first floor gym.

Cheers to Your Health!

Lisa Gentz

New in the Library

February's Book Club Selection

Looking Like the Enemy by Mary Matsuda Gruenewald

A Long Petal of the Sea by Isabelle Allende

The Counterfeit Agent by Alex Berenson

The Mystery of Locked Rooms by Lindsay Currie

The Recovery Agent by Janet Evanovich

The Heights by Peter Hedges

Still Life by Louise Penny

Small Sacrifices by Ann Rule

A Ball at Versailles by Danielle Steele

Reversible Errors by Scott Turow

The Deal by Sabin Willett

Holy Rollers by Theresa McCracken & Robert Blodgett

In Retrospect by Robert McNamera

Employee Spotlight Lisa Gentz

Lisa's always been on the go, thanks to a very outdoorsy childhood in Northern California. Her parents were all about bikes, trails, rocks, and snow, so naturally, she was too. Plus, she was a regular on the soccer, basketball, and softball fields during school.

College took her to Cal State Chico, where she got a degree in communication design and media arts, thinking she'd pursue a career in radio. But after a few years in that world, it just didn't click. Then, her dad passed away in a climbing accident, and that changed everything. She moved to the Pacific Northwest to be closer to her mom.

Portland was home for nine years, where she learned the ropes of apparel buying for an outdoor store and dove into her education in Exercise Science with a focus on Healthy Older Adult Fitness. But in 2013, she craved sunshine and better ski slopes, so she packed up and moved to Bend. At that point, she was juggling personal training and group classes at three different gyms, working all hours of the day. So, when the position at WW opened up, it was a breath of fresh air. Finally, she could focus on what she really loved: helping older folks stay active.

Fast forward nine years, and she's still loving her WW crew. And, she's added a husband, Rob, and two awesome step-kids, Olive and Van, to her life. She met Rob at a volunteer party for Oregon Adaptive Sports, and they're still very involved with their ski program. When she's not working, you'll find her on the slopes, on her bike, on a yoga mat, or doing home improvement projects.

What would the title of your autobiography be? Don't Stop!

What advice would you give to yourself at 15? Start saving for retirement NOW.

If you could choose one song to play every time you entered a room, what song would it be? "Wish You Were Here," Pink Floyd.

What was the last gift you gave or favorite gift you've given? I gave my mom a nice wool sweater, she is really skinny so I like to give her cozy clothes.



March is Employee Appreciation Month!



Special Projects with Erin

Welcome to March, everyone! It's time for the weather to start warming up, flowers to bloom, and the allergies are starting to ramp up! While allergies are a part of my yearly tradition, many Americans celebrate the arrival of spring by starting their flower and vegetable gardens, spring cleaning, going to and having yard sales, and spending time outside going on walks, hiking, and picnicking! Many places also have spring festivals, cherry blossom festivals, and tulip fields to visit. The most magical part of spring is that all across the globe, every country has their own unique way of celebrating the new season! In Thailand, there is a Songkran Water Festival, Songkran is the Sanskrit word for "astrological passage." They celebrate just after the spring equinox as the Thai New Year's Day. Traditionally, Songkran symbolizes cleansing, purification, and the washing away of misfortunes. Festivities include going to a Buddhist monastery, visiting elders, and, of course, throwing water. The largest of these celebrations happens in the capital, Chiang Mai, and can last up to six days! Locals and tourists all go into the streets, equipped with cannon-sized water guns, pressure hoses and buckets, ready to drench anyone in their path. They are also sure to continue the tradition of dancing in the street to loud music. In Northern India, they celebrate Holi, one of the most colorful celebrations in the world. The Hindu people throw colorful powder at each other, paying tribute to the many hues of the season and events of Hindu Mythology. It typically lasts a full day and night and is described as "a gloriously colorful and happy celebration of the end of winter and beginning of spring."

Celebrated as the first day of the first month of the Iranian calendar and coinciding with the spring equinox (usually around March 21st), Nowruz symbolizes new life, new beginnings, and the rebirth of nature. Nowruz, meaning No (new) and Rouz (day), is the festivals throughout Central Asia. While this varies by country, this multi-day celebration starts at home with deep cleaning! It then goes on to include days of bonfires, costumes, and family remembrances', until the 13th day when everyone leaves their homes and meet in the streets for music, dancing, and food! In Gloucester, England, there is the Cooper Hill Cheese Rolling and Wake. A wheel of cheese is thrown down the (very) steep hill and one second later competitors throw themselves down after it. The first one to cross the finish line wins. Bruises, skinned knees, and broken bones aren't uncommon side-effects of this intense tradition. A slightly rougher way to welcome Spring, but the 200-year-old tradition is proudly upheld by the community, attracting both old and new competitors every year. There's also Cimburijada, or Festival of Scrambled Eggs, in Bosnia and Teotihuacan's Spring Equinox, in Mexico, where they hike the pyramid and soak the suns energy for the year. However you choose to celebrate the new season, it's a wonderful time of year, when the winter blues are sent on their way, and the joy of sunshine comes back into our lives.

To new beginnings,
Erin Oliveira



Bringing Joy, One Blossom at a Time

The St. Charles Blossom Project is all about sharing beauty and kindness. Thanks to the generosity of Eastside Safeway, Trader Joe's, and Newport Market, we pick up flowers seven days a week and repurpose them into stunning bouquets. Our dedicated hospice volunteers lovingly arrange these flowers Monday through Friday, creating nearly 325 bouquets each month to brighten the days of hospice families in Warm Springs, Madras, Redmond, Bend, Sisters, La Pine, and Prineville. Not only do our incredible volunteers craft these beautiful arrangements, but they also deliver them Monday through Saturday, ensuring they reach those who need them most. We are deeply grateful to Whispering Winds Retirement for opening their doors and allowing us the space to create these floral gifts. Your kindness and collaboration make a world of difference, and we couldn't do this without you! Thank you for being part of this beautiful mission.

Mindy, Supervisor, St. Charles Blossom Project




Announcements

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Winds




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WELCOME

New Residents



Betty Seidel