

Distinctive Retirement Lifestyles

From the Manager's Desk

Happy July! Summer is in full swing, and our community is buzzing with sunshine, laughter, and the spirit of celebration. As always, I'm grateful to be part of a community where connection and care come first. We're kicking off the month with our Annual Independence Day BBQ and Celebration on Thursday, July 4th from 11:00AM - 2:00 PM in the Courtyard. Enjoy classic grilled favorites, live music, and patriotic fun as we celebrate the freedom we cherish. Families are warmly invited!

Summer happenings you won't want to miss:

Garden Club – Every Saturday at 11:00 AM

Summer Park Walk – Thursdays, July 10th and 24th at 10:30 AM

Country Drive to Elk Lake – Sunday, July 20th at 1:00 PM

Golf Outing – Ole Back 9 – July 25th at 11:00 AM

Residents Summer Slushies – July 29th at 3:00 PM

Ale Trail – Sunriver Village – July 30th at 11:30

Please join me in congratulating Erika (Housekeeping) as our July Employee of the Month! Erika's bright attitude, attention to detail, and kind spirit does not go unnoticed. Thank you, Erika, for making our community feel like home. What fun we had seeing all of you at our classic car show! Thank you for voting for your favorites and congratulations to our winners! It was a great time had by all. As temperatures rise, please remember to drink plenty of water, wear sun hats and sunscreen when outdoors, and ask for assistance if you're feeling too warm. Our team is always here to help you stay safe and comfortable. This summer, let's continue to celebrate the joy of each day—whether that's sharing a meal, enjoying a game, or simply sitting together in the sunshine. Thank you for making Whispering Winds a great place where everyone feels welcome.

Wishing you a safe and sunny July!

Carrie Kasch



**Employee
Of the month**

Cruise-In Winners



Featured Event



Marketing Corner

On Tuesday June 10th the Bend Senior Center hosted the Annual Senior Wellness Fair. There was a record-breaking number of close to 600 people this year, even in the crazy heat wave we had! Everyone was very engaged this year, but I wanted to share something very cool that I heard. One individual that was doing some research for her future recognized our name because of the Easter Baskets we put together for the Giving Plate. It made my heart so happy that Whispering Winds name is recognized for the good things we are doing in the community! We know we are the best place to be but hearing that in the community I think put us on a whole new level. So, thank you so very much to every one of you that has participated in our various community projects, it has not gone unnoticed.

Stay tuned on what we have coming up in the next couple of months. If you have anything you are passionate about or ideas for projects, please do share them with me or Erin.

"The smallest act of kindness is worth more than the grandest intention" - Oscar Wilde

Shannon Bennett

Mark your calendars for our annual Whispering Winds Variety Show-- Come enjoy residents and staff perform skits, musical numbers, and more!

2pm, Thursday, July 24th

Upcoming Birthdays

Residents

Ken Walters 7/2
Eileen Chiechi 7/4
Bob Pohly 7/4
Judie Lucus 7/4
Joan Moore 7/9
Alex Shane 7/16
Sandy Coleman 7/17
Claudia Lynn 7/17
Marge Weddel 7/17
MJ Buckendahl 7/19
Carolyn Nelson 7/20
Myrna Puffinburger 7/22
Bill Vantil 7/22
Sue Walker 7/31



Employees

Evelyn P 7/1
Meagan W 7/5
Sesar O 7/17
Erin O 7/19
Ben S 7/25
Cadence R 7/29



Employee Anniversaries

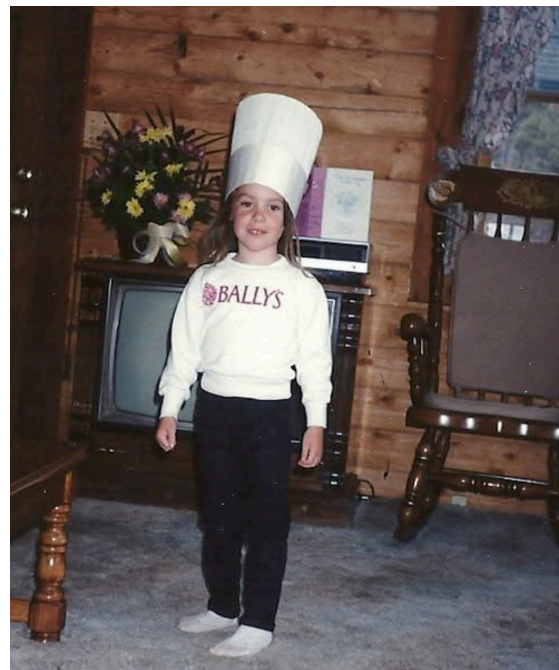
Ana R, Housekeeping, 2 years
Lorena V, Transportation, 3 years
Angela V, Management, 17 years
Tyler B, Dining, 4 years
Meagan W, Dining, 1 year
Lindsey P, Dining, 1 year
Laneda B, Reception, 3 years
Tenley, Dining, 1 year
Evelyn P, Kitchen, 2 years

CONGRATULATIONS



Employee Spotlight: Amber McGlynn

Whispering Winds is fortunate to have many passionate team members, and Chef Amber is no exception. With a lifelong love of food and an unwavering dedication to her craft, Amber brings not only skill but heart to every dish she creates. Originally from Truckee, California, Amber has lived in San Diego, Oceanside, and Bend, Oregon—eventually returning to Bend to be closer to the place she calls home. Her career in the culinary world began at just 16 years old. Since then, she's spent more than two decades refining her talents in fine dining restaurants, hotels, banquet halls, and even food manufacturing. Amber's impressive resume only tells part of the story. What truly sets her apart is her passion for food and her commitment to excellence. Whether she's preparing meals for Whispering Winds residents or mentoring others in the kitchen, Amber leads with love, flavor, and purpose. She's also a proud parent to a beloved 2.5-year old Labrador and an 8-year old cat, who have been her faithful companions. When asked what she'd most like others to know about her, Amber says simply: "My passion and love for food and my dedication." At Whispering Winds, we see that dedication every day—in every meal, every smile, and every thoughtful detail that makes our dining experience feel like home. ***What would the title of your autobiography be?*** Living to Eat. ***What advice would you give to yourself at 15?*** SLOW DOWN! ***If you could choose one song to play every time you entered a room, what song would it be?*** Pocket Full of Sunshine by Natasha Bedingfield. ***What was the last gift you gave to someone?*** What he really wanted-- the best brand boxer-briefs you can find!



Special Projects with Erin

Summer is officially in Central Oregon's version of full swing-- that means warmer days, and colder days, and sunshine, and rain! While the weather cannot figure out what to do, one summer tradition remains: music. Bookmarking the best moments of our lives — and summertime, with all its “warmth” and freedom, comes with a soundtrack all its own. From The Drifters singing “Under the Boardwalk” in 1964 and Katrina & the Waves singing “Walking on Sunshine” in 1983, to 2019's anthem by Taylor Swift “Cruel Summer” and 2022's “Late Night Talking” by Harry Styles. These songs, both old and new, all capture the essence of summer, whether it's the carefree fun, the nostalgia, or the feeling of freedom. Maybe it was Elvis on the jukebox, or Diana Ross and The Supremes spinning on the record player while neighbors gathered for a cookout. These songs didn't just play in the background — they became the background, woven into every memory of sunlit afternoons and warm, starlit nights. One note, and you're suddenly back on a front porch with a glass of lemonade, cruising down the highway with the windows down, or dancing barefoot on freshly cut grass. Maybe you remember your children chasing the ice cream truck barefoot down the street as “In the Summertime” by Mungo Jerry played from a neighbor's porch, or slow-dancing under string lights at a summer social to “Baby, I'm Yours” by Barbara Lewis. Perhaps it's the sounds of laughter from a family barbecue with “Hot Fun in the Summertime” by Sly & the Family Stone filling the air, or the comfort of sitting beside someone you loved, saying nothing at all, while “A Summer Song” by Chad & Jeremy drifted softly in the background. Music is everywhere! For many, music is even more than just a soundtrack to memories — it's a lifeline. When you're feeling low, a favorite song can lighten the mood. Music has been shown to reduce stress, ease anxiety, and even soothe symptoms of depression. It offers comfort, joy, and a sense of calm — like a warm hug for the soul. From sing-alongs to concerts in the park, music has an immense power to unite. Sharing songs, dancing with friends, or reminiscing about old favorites builds social connection. It's a way to say, “I remember that too.” In group settings, music fosters togetherness, shared joy, and plenty of conversation. It's also very personal. Every person has their own taste! You may choose to wake up every morning to gospel, I need a good dance tune (ideally by Dua Lipa) to drag me out of my sheets. When I hit the gym, I want female power ballads to push my limits and you may need the intensity of ACDC or Metallica... or something else. To me, that is the most beautiful part of music, it's getting a glimpse into a person's true self and seeing the world through their eyes (ears?). Here at Whispering Winds and throughout Bend, there's no shortage of live music — be sure to get out and enjoy the sounds of summer! AND, please, never ever hesitate to tell me how a song reminds you of a memory, how it made you feel, or how it changed something in you, and I'd be happy to share a little bit of my soul with you too.

Erin Oliveira



Enjoying a song and a dance with a resident at 2018's anniversary party

Men's Group Outing
Bend Elk's Baseball Game



Health & Fitness with Lisa

Few pastimes restore the body and mind like spending time in nature. Research has confirmed that being outside does more than lift your spirits; it also boosts your physical and mental well-being. What are some of the benefits for seniors who take time to enjoy the great outdoors? **Improvements in Mental Health;** Seniors who spend time outdoors may experience less depression and anxiety. Individuals who walk in natural settings have a reduced risk of mental health problems compared to people who do their exercise inside. Participating in nature walks with others is linked to more positive feelings, better mental health, and lower levels of depression and stress. Even seniors who are unable to exercise can benefit from getting outdoors by enjoying the change of scenery, smelling freshly cut grass, and seeing beautiful landscapes. Experts advise that seniors should try to spend time in natural areas like parks regularly. The relaxation that nature provides can improve mood and increase overall feelings of happiness. **Abundant Energy;** Being outside in nature makes you feel more alive and provides a greater sense of energy and vitality, which can help make you more resistant to illness. Spending time outdoors may boost your memory. One study found a 20 percent improvement in attention span and memory after spending just one hour in a natural environment. More time spent outdoors resulted in even greater gains in memory, and it may improve creativity as well. **Better Overall Health;** Being outside can help increase levels of Vitamin D, which is often low among seniors. Low levels of this important nutrient are linked to pain in muscles and bones, inflammation, and several types of cancer. Getting sufficient Vitamin D can help reduce your risk of several physical ailments, including rheumatoid arthritis, multiple sclerosis, and heart attack. By spending just 15 minutes outside in the sunshine each day, you help your body receive the recommended dose of Vitamin D. Being outside may also improve your overall immunity by boosting your count of white blood cells, and the improvements may last for a week or more. In addition, time in nature may help you recover more quickly from an injury or illness. Take advantage of the great weather we're having and sign up for a hike and picnic, or simply go for a walk outside. Mountain View Park is a great place to get some fresh air and catch a glimpse of Bend's impressive horizon lines. Even sitting in the courtyard for a few minutes can be beneficial, so do yourself a favor and get outside today!

Lisa Gentz



New in the Library

Fiction

All the Broken Places by John Boyne

At Top Speed by Kiersi Burkhardt & Amber Keyser

Shy Girl & Shy Guy by Kiersi Burkhardt & Amber Keyser

The Chance by Robyn Carr

Better Off Dead by Lee Child

The Hammer of Eden by Ken Follett

Chapterhouse: Dune by Frank Herbert

Mapping the Interior by Stephan Graham Jones

Wicked by Gregory Maguire

The Assassin and the Pianist by David Nees

Three Fates by Nora Roberts

Non-Fiction

My Handmade Life by Carole Anderson

We Americans by Daniel Boorstin

Musical Tables by Billy Collins



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2920 NE Conners Ave
Bend, OR 97701

Announcements


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Winds




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