

From the Manager's Desk

As summer winds down and the crisp air of fall begins to roll in, September is the perfect time to reflect on the memories we made and look forward to the exciting season ahead.

What a fantastic time we had at our Summer Bash – Camp Whisper! From camp-style food and sweet s'mores to games, squirt guns, laughter, and music, it truly felt like summer camp came to life right here at Whispering Winds. Thank you to everyone who joined in the fun—you made it an event to remember!

September Events You Won't Want to Miss:

Labor Day BBQ – Monday, Sept. 1 | 11:00AM–2:00PM | Celebrate the holiday with good food, live music, and time with friends and family.

Country Drive to the Alpaca Ranch – Sunday, Sept. 14 | 1:00PM Enjoy a scenic country outing to meet the alpacas, shop their boutique, and take in the fresh air.

Oktoberfest – Thursday, Sept. 25 | 4:00–7:00PM | Dining Room Raise a stein and join us for German-inspired food, music, and fun!

New This Month: Special Sunday Dining

Sunday Champagne Brunch – Sept. 7 | 11:00AM–2:00PM A bubbly brunch featuring chef-prepared favorites.

Sunday Buffet Dinner – Sept. 21 | 4:00–7:00PM A special evening buffet with delicious variety for all to enjoy.

Employee of the Month: Congratulations to Ben Stell, Sous Chef—our September Employee of the Month! Ben was nominated for his incredible teamwork and willingness to jump in and help whenever needed. Thank you, Ben, for your dedication and extra efforts!

September brings the joy of new routines, cozy gatherings, and plenty of opportunities to connect. Thank you all for continuing to make Whispering Winds such a welcoming and vibrant community. Let's enjoy the change of seasons together!

Warmly,
Carrie Kasch

Featured Event



Waistaff at Camp Whisper



Employee Of the month



Marketing Corner

I thought I would take this month to highlight our Maintenance Department and talk about all that they do.

For our new Residents moving in, this can be a very exciting time but can also be a little stressful, this is where we want our maintenance team to make life easier for you. As our new residents move in we will help get their cable and internet hooked up as quickly as possible. We actually start the process before you even move in!

For our current residents, our team is here to help troubleshoot cable or internet difficulties so you don't have to worry about that! Beyond that, we're happy to lend a hand with additional technology needs. From configuring printers and helping with online security concerns to showing you how to use the smart features on your TV, our team makes sure you feel confident and connected.

We also offer assistance with home setup tasks such as mounting TVs and hanging pictures—helping your space feel like home in no time for our new Residents. And for current Residents, if you get that perfect new piece of art or need help with hanging anything please do not hesitate to reach out!

Maintenance is more than just fixing things; it's about making sure you feel at home.

Shannon Bennett

Whispering Winds is so appreciative of everyone who supported us and voted for us as the Best of Central Oregon!



Upcoming Birthdays

Residents

JoAnn Senior 9/14
Paul Jordan 9/15
John Holt 9/18
Melva Stirm 9/21
Della Jordan 9/23
Patti Rechnitzer 9/24
Rey Alcazar 9/27
Muriel Carbiener 9/29



Employees

Jasmine O 9/3
Molly L 9/17

Employee Anniversaries

Paul C, Transportation, 4 years
Liam P, Line Cook, 1 year
Annabella M, Waitstaff, 1 year
Sesar E, Waitstaff, 1 year
Ron H, Hospitality Director, 15 years
Erin C, Housekeeping, 10 years
Debra M, Housekeeping, 10 years
Cheyanne, Receptionist, 5 years
Judy D, Business Office Manager, 12 years



Special Projects with Erin

Welcome to September! This year is flying by faster than I can keep up with. The Holidays will be here before we know it! Let's take a moment to enjoy September and what it brings us: Oktoberfest! I don't know if you had the same thought I had, but WHY is Oktoberfest celebrated in September? Well, I went ahead and did the research for us! In Munich, Germany, Oktoberfest is a 2-week long "Volksfest" or folk festival that concludes on the 1st Sunday in October. The original Oktoberfest was held on October 12th, 1810 in celebration of the wedding between the Prince of Bavaria, King Louis I, and Princess Therese von Sachsen-Hildburghausen. The festival concluded with a Horse Race 5 days later, held in the open area that would become Theresienwiese ("Therese's Green"). This is where the Festival is still held each year! The next year, 1811, they combined the race with an agricultural fair, in 1814 skittles, swings, and climbing poles were introduced and in 1818, food, drink, and artisan vendors joined the party. The city of Munich's city council took over the festival in 1819 and decreed that Oktoberfest would be held every year. By the 20th century the booths had developed into large beer halls made of plywood, with interior balconies and bandstands. Each of the Munich brewers builds one of the temporary structures, with seating for 6,000 people. The mayor of Munich taps the first keg to open the festival. The breweries also take part in parades, with beer wagons and floats along with people in folk costumes. Now entertainment includes games, amusement rides, music, and dancing. The unofficial sport of Oktoberfest is Masskrugstemmen, or Steinhoisting, where competitors hold a filled one-liter dimpled glass mug with an outstretched arm for as long as they can. Oktoberfest draws more than 6 million people each year and in 2024, 1.8 million gallons of beer was served! In the US, the largest celebration is Oktoberfest Zinzinnati in Cincinnati, Ohio (modeled on the original in Munich) and attracts around 800,000 people annually, making it the 2nd largest in the world. This Festival includes the World Brat Eating Championship, the Running of the Wieners, (wiener dogs racing in hotdog costumes) and steinhoisting. Here's to Oktoberfest, raise a stein with us in the spirit of gemütlichkeit—cheer, warmth, and belonging, wherever we celebrate.

Erin Oliveira

Former Resident, Bob Kelly and his wife Nancy served as co-chairs of the Leavenworth, WA annual Oktoberfest



Camp Whisper Summer Bash



Employee Spotlight: Shannon Engebretson

Shannon's journey begins in Kenai, Alaska, where she was born and raised. She lived there until the age of 18 before making the move to Tempe, Arizona then Bend, Oregon. While Shannon doesn't currently have children, she hopes to one day. For now, her heart is full with her beloved pets—a dog she lovingly treats as her child, along with two cats who add joy (and plenty of personality) to her life. Her deep love for animals is one of the first things people notice about her. As she puts it, "Anyone can bribe me with a pile of puppies." Over the years, Shannon has worked in many jobs, each one teaching her something new. Her very first job was at McDonald's when she was just 14 years old. It was there that she learned valuable lessons in customer service and patience—skills that continue to guide her today. Looking ahead, Shannon has a big dream: to one day own her very own coffee shop, a place where community and conversation can thrive. Before joining Whispering Winds, Shannon was working at a dog groomer's. While she loved being around animals, she realized she needed something less physically demanding. She decided to put herself out there, and, as she gratefully recalls, "Thankfully Carrie and Judy gave me a chance! I am thankful." That leap brought her into the Whispering Winds family, where her kindness, work ethic, and love for connection shine every day.

What would the title of your autobiography be? "Wish I was on the Beach Instead--A Story by Me."

What advice would you give to yourself at age 15? Work harder on your grades. Your friends will always be there, the chance to get good grades will not. Spend more time with your parents.

If you could choose one song to play every time you enter a room, what song would it be? "Mad World" by Tears for Fears. (because it's a mad, mad world)

Who was your childhood role model? I wanted to be just like my big sister. She was so cool and I thought she had life all figured out. She is still pretty cool but none of us have it figured out.

What is one experience you think everyone should try at least once? Move to a different city, challenge yourself by getting out of your comfort zone. I believe it's one of the best ways to grow!



Health & Fitness with Lisa

Are you tired of setting health goals but not achieving them? I believe that when you know how to form a new habit (related to your goal), then you can turn success into a series of daily actions. These are some important steps to help you form new healthy habits.

1. Focus on one new habit at a time. it's important to work on only one habit at a time. That way, your store of willpower can be channeled into completing that one habit, increasing the odds of success.

2. Commit for a MINIMUM of 30 days. Some people say it takes 21 days to build a habit, while others claim it takes up to 66 days. The truth is that the length of time really varies from person to person and habit to habit. You'll find that some habits are easy to build while others require more effort. My advice is to commit to a specific habit for the next 30 days (or a month to keep it simple). During this time, your entire life should be structured around carving out time every day to consistently do it.

3. Anchor your new habit to an established habit. A habit shouldn't be based upon motivation, fads, or temporary desire. Instead, it should be instilled in your life to the point it becomes habitual. What you want to do is commit to a very small habit change and take baby steps as you build on it. An important part of doing this is to "anchor" the new habit to something you already do on a daily basis. For example, you could go for a walk every day after lunch or meditate every morning before you take a shower.

4. Make a plan for obstacles. Every new habit will have obstacles. When you know in advance what your obstacles are, you can take preventative action to overcome them. Examples of common obstacles are time, pain, weather, costs, and self-consciousness. Prepare and anticipate that these obstacles will come. Then, you won't be blindsided by them.

5. Create accountability for your habit. Track your efforts and make public declarations about your new habit. You're more likely to follow through with a commitment when you're being observed by others. To stick with this new routine, you should let others know about your efforts and goals.

6. Reward important milestones. A new habit doesn't have to be boring. Focus on building a reward system into the process so you can take time to celebrate the successful completion of your goals. The reward you pick is up to you, but it's important to celebrate those big moments along the way.

Behavior change doesn't happen over night but following these steps can make the process of building new habits a bit more attainable. Remember, you are never too old to set another goal or to dream a new dream (C.S. Lewis.)

Cheers to your health!

Lisa Gentz

New in the Library

Book Club Selection
Night by Elie Wiesel

Fiction

The Last Days of Pompeii by
Sir Edward Bulwarr-Lyton

My Gal Sunday by Mary
Higgins Clark

The Life Impossible by
Matt Haig

Home Again by Kristan
Hannah

Heat by Liz Moore

The German Wife by David
Baldacci

The English Girl by Daniel
Silva

Dreamland by Nicholas
Sparks

Country by Danielle Steele

The Last Grand Duchess by
Brynn Turnbull

Non-Fiction

Through These Eyes: WWII
Eighth Air Force Combat
Diary by James Hutchinson

Tribe by Sebastian Junger

Inland Salish Journey by
Mike Reeb



Distinctive Retirement Lifestyles

2920 NE Conners Ave
Bend, OR 97701


Announcements

Learn more about Whispering
Winds




Visit our website



 Like us on Facebook



 Follow us on Instagram



Have a suggestion or request for a special?
Chef Amber would love for you to share
your favorites dishes! Turn this portion in
and you might see it on the menu soon!
