

# livfun

Fairwinds - Woodward Park

MAY 2012 • ENJOY THE JOURNEY

## Fairwinds Features Dorothy McKenna



Dorothy McKenna

Born and raised in Brooklyn, N.Y., Dorothy Harte grew up with a strong interest in reading and wanted to be a teacher. She attended St. Joseph's College in Brooklyn where she studied English literature. Upon graduating, she realized that teaching was ultimately not her vocation of choice, but her love for books was unwavering, so she began working at Brooklyn Children's Museum. She also studied at New York University where she earned her Master of Arts degree in English literature.

While attending undergraduate school, Dorothy met Joe McKenna with whom compatibility was undeniable, and the two of them felt confident about a future together. They stayed in contact by writing letters while Joe was deployed for the Korean War. Throughout the exchange of letters, their love and respect towards each other grew and the two were married upon his return. Dorothy continued to work at the Children's Museum until she resigned to raise a family.

She spent the next 20 years raising their seven children. After the last of their children was grown, she returned to work and found a position with the American Speech/Language/Hearing Association in Washington, D.C., where she was a meeting planner. She enjoyed working for the ASLHA and liked the traveling that was a significant part of that line of work.

In 1986, she and her husband decided to move to California. In California, Dorothy worked at Notre Dame de Namur University (previously known as the College of Notre Dame) as the Director of Human Resources until she retired in 1997. Dorothy and Joe were able to travel more after retiring and, for this, Dorothy is forever grateful. The two of them always enjoyed their time together and were even more delighted to spend it seeing different parts of the world.

After retirement, Dorothy continued to apply her skills and abilities in volunteer work. She worked as a docent for the Ralston Historic House in Belmont, Calif. and later as a circulation assistant for the Sedona Public Library. At the beginning of last year, Dorothy moved to Fresno to be closer to one of her daughters and found a home in Fairwinds. She is active in our community and recently became a Saint Agnes Medical Center volunteer.

Of all of her achievements, Dorothy is most proud of her healthy and happy marriage to her husband, Joe, her wonderful children and grandchildren, and a good education that inspired her unquenched passion for reading and her love of books.

It is Fairwinds' privilege to have Dorothy McKenna call Fairwinds her home. She is a wonderful addition to our community and an inspiration to us all.

## In Loving Memory

This month's newsletter is dedicated to Tyler Dwyer, who said "Life is what you make it, so make it fun."



## PrimeFit Corner

### Sharing Some Successes

I wanted to take a moment and share some successes that have happened to residents who have exercised in our PrimeFit gym. Now, some will say it is because of me and to that I say, no way!

Although I am honored to be a part of it, these residents did the work, the accomplishments are theirs alone.

"The hand exercises help me to still write."

"Working on the NuStep has given me new legs."

"I can get up and out of a chair easier."  
"Because of Balance Builders I do have better balance."

"I can feel it when I miss just one class."  
"I don't have to use my walker so much."

"I worked muscles I didn't know I had."  
"I am more confident walking now."

These comments are typical. They are why I enjoy my job so much. It's not about losing a few pounds or looking better. It's about having someone's daily life made easier.



Jessica McCune:  
PrimeFit  
Instructor

# WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
8:15 Depart for Hope Lutheran, L 9:30 Holy Spirit Catholic Church (Offsite), L 10:00 Catholic Communion, B 10:00 Trinity Community (Offsite), L 2:00 Sunday Service: Nondenominational, T 3:00 Bingo, F	8:30 Stretch, Balance and Breathe, G 9:00 Stretch, Balance and Breathe, G 9:45 Low Impact Aerobics, G 10:00 News and Coffee, F 11:00 Poker, B 3:00 Happy Hour, C 3:00 Bingo, F	9:30 Alterations With Lucy, B 10:00 News and Coffee, I 10:30 Tai Chi, G 11:00 Yoga, G 1:00 Bridge, B 1:30 Bunco, F 2:00 Afternoon Walk, L 3:00 Happy Hour, C	8:30 Stretch, Balance and Breathe, G 9:00 Blood Pressure Check, W 9:00 Stretch, Balance and Breathe, G 9:45 Low Impact Aerobics, G 10:00 News and Coffee, F 1:00 Biographies, T 3:00 Happy Hour, C	9:30 Music Appreciation, T 10:00 News and Coffee, F 10:30 Tai Chi, G 11:00 Poker, B 11:00 Yoga, G 1:00 Bingo, F 2:00 Afternoon Walk, L 3:00 Happy Hour, C 6:30 Dominoes, F	9:00 Stretch, Balance and Breathe, G 9:30 Knit Chicks, B 9:45 Low Impact Aerobics, G 10:00 News and Coffee, F 3:00 Happy Hour, C	10:00 Bingo, F 1:00 Bridge, B 1:30 Bunco, F 3:30 Ping-Pong, G

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> Activity Room, A Back Parking Lot, BPL Balcony Room, B Bistro Cafe, C Courtyard, CY Fireside Room, F Gym, G Internet Room, I Lobby, L Pool, P Porte-Cochere, PC Private Dining Room, PD Red Sky Restaurant at Fairwinds, D Theater, T To Be Announced, TBA Wellness Clinic, W		9:30 River Bluff Preschool Visit, L 10:30 Activities Meeting, F 3:00 Windows on the World: England, Part I, T	10:00 Table Mountain Casino, L 6:30 Choir, L	10:00 Resident Meeting, PD 10:00 Salsa Festival, CY	1:00 Trader Joe's & Tuesday Morning, L 3:00 Cinco de Mayo Celebration, L	<b>CINCO DE MAYO</b>
6 12:15 Baseball: Fresno State vs. Sacramento State, L	7 11:00 Mother's Day Craft, L 2:00 Nina's Class, T 2:00 Bookmobile, BPL	8 10:00 Scooter Training With Clint, L 11:00 Make-Up Tutorial, L	9 11:30 Lunch and a Movie With Mom!, L	10 11:00 Memories of Mothers, F 11:00 Shopping: Mary Kay, L 2:00 Mother's Tea Party, PD 3:00 Musical Guest: Kirk & Monika, L	11 11:00 Simply Yours Jewelry, L 1:00 TJ Maxx & Target, L 3:00 Fairwinds Fashion Show!, L	12 3:00 Movie: "I Remember Mama," T
<b>MOTHER'S DAY</b> 13 11:30 Mother's Day Brunch, D	14 1:00 Reminiscing, T	15 1:00 Nelson Elementary Choir Performance, L 2:00 Waterballoon Toss, CY	16 8:00 Gilroy Outlets and Flower Fields, L	17 3:00 New Resident Orientation, F 6:30 Movie Night, T 6:30 Musical Guest: Joni Morris, L	18 10:00 Golfing With Clint, L 11:00 Write Thank Yous, B 1:00 99-Cent Store, L 3:00 Fiesta Friday, L	<b>ARMED FORCES DAY</b> 19 11:00 Make Care Packages for Armed Forces, B 6:30 Musical Guest: Mary Briseno, L
20 3:00 Musical Guest: Sammy Coulter, L	21 1:30 Valley Oak Choir, L 2:00 Nina's Class, T	22 2:00 Make Your Own Hummingbird Feeder, L 3:00 Windows on the World: England, Part II, T	23 9:00 Flower Planting Party With Lynn, CY	24 3:00 Musical Guest: Michael Nagy, L 6:30 S'mores, L 7:30 Movie Night in the Court Yard, CY	25 7:30 Breakfast With Chef in the Park!, L 1:00 Ross, L 3:00 May Birthdays Celebration!, L 6:30 Musical Guest: Bob Nichols Band, L	26
27	<b>MEMORIAL DAY</b> 28 1:00 Reminiscing, T 2:00 Memorial Day Celebration, CY	29 6:30 Music Therapy With Dr. McCollun, F	30 11:30 Japanese Gardens, L	31 <b>2:30 Cooking Demo, D</b>	<b>Birthdays</b> Happy Belated Birthday Jane Rowland!, 1st Ruth Hoover, 4th Mary McDonald, 4th Frank Synn, 6th Mary Bergman, 7th Armorrel Ohanessian, 7th May Collins, 8th Bill Johnson, 8th John Taylor, 8th Jean Najarian, 10th Beth Heimforth, 13th Verona Pofahl, 14th Mae Pickerell, 14th Lillian Bidingner, 15th Shirley Kerwin, 19th Helen Mackersie, 19th Harlan Wardrip, 21st Eveyln Groth, 22nd Ann Scott, 24th George Kawada, 27th Ivie Beach, 29th	27



Lynn Israelsky

## Let's Not Be Late!

As our community is growing, our bus transportation has become very busy. Lynn asks that you please schedule your appointments at the front desk. It is extremely important that you are on time for your scheduled bus departure. If you have the need to cancel an appointment, please contact the front desk.

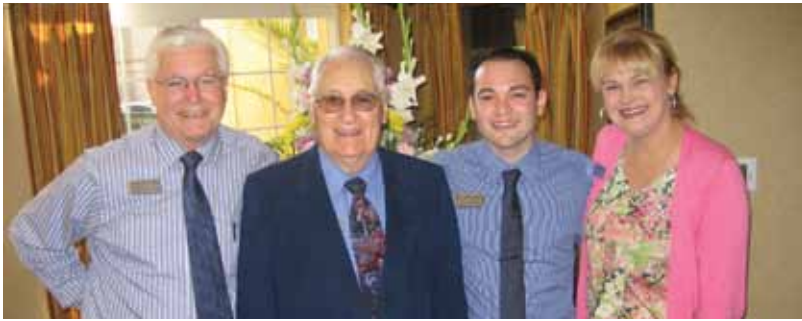
As you know, Lynn does everything she can to get you to your appointment on time, please do your best to do your part.

Thank you very much.

## From the Marketing Department

The Marketing Department would like to encourage any resident who has two to six friends or family who may be interested in Fairwinds Woodward Park as a senior living option to contact them. We would like to arrange for a lunch or dinner with them in our private Dining Room followed by a question and answer session and tour of the community. We would provide them with a "thank you" gift and, of course, if they move in, the resident gets \$1000 off their rent.

Please, make sure to contact us to make these arrangements in advance either in person or call the Marketing Department at 434-6444. Thank you.



Fairwinds Woodward Park Marketing Team

## From the Desk of Clint Fowler, G.M.



Clint Fowler, G.M.

We made it through the storms of April and should be seeing the blooms that May is so well known for. We look forward to the fruits of the spring season including more outdoor activities, pool games, gardening, golf, fishing and barbecues. It's finally time to smell the roses, and don't forget to grab a few for Mother's Day.

And most importantly, enjoy each other!

Clint Fowler

## Concierge Special

We have a new addition! Fairwinds has purchased a beautiful, white, luxury towncar for your traveling needs – whether it's an appointment, to and from the airport, or just a night out with friends.

For the month of May, we are offering \$10 off our normal fee (this applies to the Fresno/Clovis area). Contact your Personal Concierge, Desiree, to schedule your next trip today!

(559) 434-6444



Desiree Valero, Concierge



9525 N. Fort  
Washington Road  
Fresno, CA 93730  
559-434-6444

## Staff

### General Manager

Clint Fowler

### Guest Services Manager

Jim Fries

### Sales Advisor

Jodi VanBeurden

### Sales Advisor

Wesley Whittemore

### Sales Advisor

John Tilbury

### Chef

Erik Schuk

### Restaurant Supervisor

Jaime Borders

### Health and Wellness Director

Susan Paredes, RN

### Bookkeeper

Alice Quijano

### Program Supervisor

Grace Patterson

### PrimeFit Instructor

Jessica McCune

### Concierge

Desiree Valero

## Welcome New Residents!



At left: Leroy Landers – San Pedro, Calif. – Served in the Air Force as well as the Army



Sonny Hatter – McCallister, Okla. – Chief Inspector for the City of Fresno



Jane Rowland – Pelham Manor, N.Y. – WWII Nurse



Mary Ellen Finer – Wilewood, Fla. – Mother