

Marketing Minutes by Deanna Brewer

It was great to see everyone at the luau in August. We received so many wonderful comments and you know we love to see our residents having a great time. If you want to see photos from that event, you can look on Facebook under Campus Commons Senior Living.

September is going to be interesting and fun! On September 12th, Retired Deputy Sheriff Jan Cater will be here to discuss ways to protect yourself against the latest scams targeting older adults.

We'll host our 5th Annual Bingo Bonanza Extravaganza on the 23rd. This is a great event for us, and gives us a chance to raise money for Shriners Children's Hospital of Northern California. The cost for residents is \$15 and \$25 for guests. It includes 15 bingo games, a spaghetti dinner, wine and an afternoon of fun and prizes. Please sign up at the front desk soon as space is limited. Make your checks payable to Shriners Hospital. If Bingo isn't your cup of tea but you would still like to make a donation, please bring your contribution to the office. To date, we have raised over \$5,700. Also, if you know of anyone that would like to donate items that we can use for raffle prizes, please let me know. We always raise more money when have great raffle prizes.



I would like to welcome the Renaissance Society back to Campus Commons. We have six classes scheduled for the fall semester and the dates for September are the 14th and 28th. The list of classes are posted on the bulletin board in the Activity Center.

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 929-3966 Fax 929-3627
 Barbara/Activities Office 929-6003
 Van/Transportation 468-3091
 Dining Room 921-5998
 Comfort Keepers 560-9100
 Police Non-Emergency 264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Para Transit 429-2744
 Yellow Cab 444-2222

Beauty Salon Jane Ma 223-9658
 Tuesday-Saturday
 Clean Touch Dry Cleaning 366-6666
 Pick-up & Drop-off Monday & Thursday

Library News by Pat Edmonds

We have a great library due to the generous donations of residents, families and friends. We want new books to increase the diversity of our library. As a book lover, I am excited to see so many new books coming into Campus Commons library but as the keeper of the books, I am saddened by the fact that our library is almost out of room. It is arriving at a critical point.

I know what books are never taken out. These books are the most logical ones to donate to Arden-Dimick library for their book sales. Starting on September 1st and continuing, I will be placing books that will be removed from the library on a small bookcase marked "Last Chance". Here is your opportunity to read or reread a book that appeals to you. This will be your last chance to read it from our library during the month until it is permanently removed.



Campus Commons

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 Donnie Terry, PT Maintenance
 Charlene Wickizer, Marcy Solis &
 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer
 & Thealise Wager, Evening
 Porters

Richard Beyerl
 Chef/General Manager, Sodexo

Christine's Comments

I would like to introduce Natasha McCrimmon as our new Resident Relations Receptionist. Natasha started August 29th and we are so happy she has joined our team. Please stop by the office and introduce yourself if you haven't done so already.

I would like to formally announce that Thealise Wager will be our new Saturday evening porter. Thealise has been working for us since July and we are so happy to have her. Due to health reasons, Tom Combo will not be able to return to work but he wants us all to know he misses everyone. We wish Tom the very best and hope he can stop by for a visit soon.

We have several employees on vacation this month so please be patient as we have others filling in –

A huge thank you to Shirley Riemer for researching everything you need to know about the Solar Eclipse. We had a great time on the 21st and we can all say "we'll never see that again"... and speaking of Shirley, she's been writing our monthly article and looking to write more stories about YOU. If you are interested in being the **Featured Resident**, please let Shirley know or stop by the office and let us know.

If you want us to order a movie to show for our Monday Movie Matinee or Thursday or Saturday Night, stop by the office and give us your thoughts – better yet, write down what you'd like to see and we'll do our best to get it ordered.

Is there something you'd like to see or do on Sundays? We know they tend to be quiet as most are busy with church, having brunch and spending time with family and friends, but if you have an idea, share it with us.

We're looking for a back-up bingo caller when Mary Kay or Donna are not available. Let me know if you're interested.

Activities Corner by Barbara Higley

The vibrant colors of fall will soon greet us. A favorite time of year for many. The change quickly reminds us that summer is coming to an end. Some of our activities will change with the season.

Join us Sunday, September 10th at 2:30 for a piano recital with Alice McKinley and her talented students. Alice and students are looking forward to returning to Campus Commons and sharing the afternoon with residents once again. If you missed the last performance, you won't want to miss this performance!

We feel it is important to offer an up to date educational presentation on Senior Scams. "How to Stay Scam Free" will be the topic. The purpose of this seminar is a remind us of the changing world we live in today as well as creating awareness of fraud particularly among our seniors. Join us **Tuesday, September 12th, at 2:00** for this very important seminar to learn more about how you can protect yourself and your assets from others.

Flu season is quickly approaching and Sutter Health will be here **Thursday, September 21st at 10:00 a.m.** to give the annual flu shot for those of you signed up. If you are covered by Medicare Part B the flu shot is free. If you are covered by Medicare HMO or Medicare Advantage you will need to pay for your shot this day. We will need a copy of your Medicare Card in advance. Please bring your information to the office before the scheduled date and we will take a copy. You will be taken in the order that you signed up. A sign-up sheet is currently in place and can be located outside the Activity Center.

It's that time of the year when we visit Apple Hill for those delicious treats! Be sure and sign up early for this popular outing scheduled for **Wednesday, September 27th**. Oh, those yummy caramel candied apples are calling!

We have adjusted the transportation schedule on Fridays to better serve your shopping and banking needs. Please review the changes, locations and time before signing up this month.



September Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

Mel Bisgay, September 4th
 Renee Davis, September 5th
 Doris Forward, September 9th
 Brian Spell, September 15th
 Fred Crawford, September 16th
 Joe Sheehan, September 16th
 Arlie Veis, September 16th
 Nancy Leafe, September 26th



New Residents

Birgitta & Russ E. – August 10th
 Paige S. – August 11th
 Stephen R. – August 16th
 Ginger T. – August 28th
 Fred C. – September 1st
 Barbara D – September 1st
 Anna Mae A. September 9th
 Claudia & Rick T. – September 11th
 Yolanda & Frank W. – September 20th

Campus Commons Senior Living

Featured Resident: Sarah Lagomarsino by Shirley Riemer



New resident, Sarah Lagomarsino, who grew up in East Sacramento, went on to a nursing career that took her to assignments far out into the world.

Following her work as a Public Health Nurse in Santa Barbara and nursing duties in Boston, she volunteered to serve on Ship HOPE.

President Dwight D. Eisenhower had donated a U.S. Navy hospital ship to be transformed into the SS HOPE, to serve as a peace-time hospital ship, part of an American civilian medical effort that became known as Project HOPE.

The call went out for American doctors, nurses, the technologists to serve medical needs in undeveloped countries of the world. For every American on board, there was placed a counterpart from the country being visited, to be trained on board ship in specific medical procedures.

In 1973, Sarah served for a year on Ship HOPE while the ship remained docked at Maceio, Alagoas, Brazil, one of Brazil's poorest areas.

The ship's personnel had already spent a year each in ten other countries – Indonesia, Vietnam, Peru, Ecuador, Guinea, Nicaragua, Columbia, Ceylon (Sri Lanka), Tunisia, and Jamaica.

As Ship HOPE sailed to the Brazilian port, the medical crew was busy learning Portuguese. And at the same time, this World War II Navy hospital ship was cleaned from stem to stern.

On board were 60 American nurses, including Sarah, and about 30 American doctors. The doctors rotated every two months to give them the opportunity to rejoin their busy practices, but the nurses stayed for the full year, in order to ensure the program's stability.

Sarah was assigned to the Women's Medical-Surgical unit. She had a top bunk in a four-bed room on the ship, shared by a Lab Technician, an X-ray Technician, and a Medical Secretary.

From among the various medical services on board, each American medical person, like Sarah, was assigned a Brazilian counterpart. These Brazilian volunteers, proposed for training by Brazilian doctors, would learn, for two months, the medical language and procedures they would need when they returned to serve in their local hospitals and clinics in Brazil. Those hospitals, Sarah notes, were so primitively constructed that they had no screens on their windows, and they had only one thermometer available for use by all of the hospital's patients.

Even though the American personnel on the ship were trained in the Portuguese language of the Brazilians living on board with them, an auditorium-like room was available on the ship for translating educational programs with participants wearing headsets.

From time to time, Ship HOPE was joined by ships from other countries – from Russia and Greece, for example – to trade in Brazilian sugar.

Sarah recalls one day when the crew of a Russian ship docked beside Ship HOPE, invited the American crew to a "celebration of Lenin's birthday"! (Had Vladimir Lenin still been alive, they would have been celebrating his 103rd birthday!)

By the time it was time to depart Ship HOPE, many friendships between Americans and Brazilians had been established. And they continued to flourish, in pen-pal fashion.

After it was decided that Project HOPE would establish land programs only, Ship HOPE was sold to Mexico for scrap metal. Sarah, after the ship's last voyage, was left with memories that live on.

Sarah then joined the U.S. Air Force, where she traveled to various nursing jobs, in the United States and many other countries.