

Humans Smart, Phones Smarter



On June 29, 2007, the very first iPhone was released to the world, a debut that changed both the Apple corporation and the world. For the first time, humans held a smartphone in their hands, a device that did not just make phone calls, but browsed the Internet, sent and received email, played music, movies, and games, took pictures, had a GPS... all in a little pocket-sized box with a really cool touchscreen. It was like holding the future in the palm of your hands.

About a year after the iPhone's debut came another important innovation that made the smartphone even smarter: the so-called App Store. Applications, or apps, now allowed smartphones to become anything and everything users wanted them to be. These apps are mini-programs. Some apps are as simple as games. Others created an entirely new economy: cars can be summoned with Uber and Lyft, money transferred with Zelle, and pictures shared with Snapchat and Instagram.

Nowadays the iPhone isn't the only smartphone on the block. Following Apple's success, plenty of other tech companies quickly built their own smartphones. It seems that every man, woman, and child carries one, and in this manner smartphones have revolutionized society itself. We have access to more information now than we have had in the entirety of human history, and we can share this information in the blink of an eye. We no longer just share photos of our family vacations but of political coups and social injustice. But current research also tells a story of smartphone addiction. We have become so attached to our smartphones that we can't bear to live without them. People are sleeping with their phones within reach, checking their screens at all hours. Without downtime away from our phones, our nervous systems are in states of overload, making us both wired and tired all the time. No wonder young people today suffer anxiety when they are apart from their phones. So, have smartphones outsmarted us? Only time will tell.

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 916-929-3966 Fax 916-929-3627
 Barbara/Activities Office 916-929-6003
 Van/Transportation 916-468-3091
 Dining Room 916-921-5998
 Police Non-Emergency 916-264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Paratransit 916-429-2744
 Yellow Cab 916-444-2222

Beauty Salon Jane Ma 916-223-9658
 Wednesday-Saturday
 Clean Touch Dry Cleaning 916-366-6666
 Pick-up & Drop-off Monday & Thursday

Marketing Minutes by Bernadette Gonzales

We have a lot going on this month, so invite your friends to join our Happy Hour on June 1st with the Mellow Fellas.

On June 3rd, Lifting Spirits with Music will be here, and if you remember, Kathy Atkins' talented kids will perform. They are spectacular!

Fresh Point Produce will be back again this year with another Farmers' Market on the 7th with complimentary fruits and vegetables.

Ed Outland will return on June 14th to discuss and answer questions on Veteran's benefits. Qualifying veterans may receive additional aid and attendance benefits.

Relles Florist will be here on the 19th to demonstrate easy floral designs.

Lastly, Lincoln Highway visits us with live music, refreshments, and fun on June 29th.

Campus Commons

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 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer &
 Thealise Wager, Evening Porters

Richard Beyerl
 Chef/General Manager, Sodexo

Christine's Comments

Thank you for your patience during the install of our new backyard fence. It looks wonderful! As I was walking the community, I noted that the gate leading to the golf course was open. Please be sure that when you are leaving any door or gate area to be sure it shuts behind you.

Happy Father's Day to all you dads. Richard plans on having another barbeque and I'll be passing out beer during our annual Father's Day Brunch on June 17th. I'll look forward to seeing you all here. If you're having your family join you, please sign up. The menu and sign up sheets will be out the week before Father's Day.

If you haven't checked your air conditioning system this year, I strongly urge you to do so. Chris is on site Monday – Friday from 7:30am to 4:00pm. Please remember to put in work orders so that we may address them as soon as possible.

We have a lot going on this month, so please refer to your calendar for all the good things going on from a Farmers' Market, to a Relles Floral Design Demonstration.

Tonya will be changing her schedule and will be working Monday-Friday starting this month. You will see that Barbara Holland and Joanne McKee's Monday exercise classes will now be lead on Saturday mornings at 9am. Tonya will lead Monday classes at 9am. The craft class will now be on Mondays at 10am in the Game Room – this is the room down towards the new wing where our puzzle players are located. Please review your calendar closely to note the changes and added activities on Saturdays as well.

From all of us, Happy Father's Day!

Activities Corner by Barbara Higley

Warmer days are here once again! If you are looking for a “cool” encounter with California history, join us as we take a behind-the-scenes tour **Wednesday, June 13th**, of the California State Archives (and yes, it is kept year round at a brisk 68 degrees). This guided tour is **FREE** to residents. Each guided tour provides a close encounter with the Archives one-of-a-kind historical documents, along with a visit to the Exhibit Gallery.

A visit to Villa Toscano Winery located in Plymouth is scheduled for **Wednesday, June 20th**. They proudly present the traditional zinfandels and take great pride in producing world class wines that reflect our unique wine growing region. The only thing better than creating paradise is sharing it. Enjoy this old-time world charm and elegance and surround yourself in a wine lover’s paradise.

Join us as we celebrate the first day of summer on **Thursday, June 21st**, with an ice cream social, along with a slide show of resident pictures during the first half of the year.

A travel training class with Paratransit will be available to residents on **Tuesday, June 5th**. This class is available for individuals who are thinking about giving up their vehicle, or who are no longer driving. You’ll learn how to travel independently, gain an understanding of the RT system while reaching destinations of your choice. You have options!

If you haven’t been to our Horseracing Happy Hour, I invite you to join us on **Friday, June 15th, at 2:30pm**. It’s simple; get a bid sheet, select the horse you want to win for each race (6 races in all), and then cheer on your horse! Then, have fun winning some great prizes too! Wine and beer will be served as well.

*Happy
Father's
Day*

June Birthdays

In astrology, those born between June 1–20 are Gemini’s Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Elsie Beebe, June 2nd
Martha Fincher, June 5th
Gloria Mollring, June 6th
Jean Franke, June 8th
Shirley Pitcher, June 9th
Glenn Allen, June 12th
June Bost, June 14th
Eunice Enkoji, June 15th
Sue Erlich, June 16th
Mary Strand, June 18th
Helen Waterbury, June 23rd
Betty Sutcliffe, June 27th

Culinary Corner

We’re looking for new volunteers for our Food Focus Group. We meet the 4th Wednesday of the month at 2:30pm in the Card Room. If interested, please sign up in the office. Our next meeting will be June 27th.



Welcome Committee Wanted!

If you’re friendly, outgoing and like to meet new people, then you’re who we are looking for. We’d like to establish a new welcome committee that would be willing to have lunch and dinner with newly moved in residents for the first week of their residency to help get them through the move in transition. If interested, please stop by the office and let us know. Thank you.

June’s Featured Resident by Shirley Riemer

After young Doris Jones (whom we know as Doris Forward), graduated from high school in her hometown of Youngstown, Ohio, she soon landed a job working for the local Superintendent of Schools.

One day, a recruiter from Washington showed up in town, searching for high school students and graduates who might be interested in taking jobs in government. Doris jumped at the chance.

But, her mother wept, fearing with good reason, that her daughter would be traveling far beyond Youngstown, Ohio. Yet, what her parents could not have realized then was from that time on they were about to enjoy a number of exciting trips to visit Doris where she would be working in so many of the “hot spots” where United States history would be made.

For her first year in government, 1951, Doris worked for the Veterans Administration, followed by eight years working for California Congressman, Pat Hillings.

During the 1959-60 presidential campaign, she traveled with Richard Nixon's campaign for President (which he lost). Traveling along on this campaign was Pat Nixon, who, with experience teaching in a secretarial school, worked alongside Doris throughout the campaign. The two became friends.

Doris worked for U.S. Senators George Murphy, John Heinz, and Pete Wilson, who then became governor.



Doris recalls landing one day on Air Force Two at the Executive Airport in Los Angeles, at a time in her busy career when, because she didn't have time to have her hair done, she was wearing a wig. On this occasion, standing outside the plane after the landing, she was hit with a whoosh of air as another plane landed, causing her wig to go flying off her head and hitting Finch on the leg. Doris gallantly rescued the wig and planted it back on her head where it belonged.

She served eight years in the Governor's office, and 35 years later, she continues to work for him, in charge of making his personal travel arrangements.

The highlight of Doris' career was her two-year assignment in the White House in 1971-72, where she worked in the West Wing for Robert Finch, a counselor to President Nixon.

After three losing campaigns, Doris moved to New York, where she worked for the president of an international bank. But Washington lured her back when George Murphy became a senator.

Much later in her career, Doris, at age 53, left her assignment with Senator John Heinz to marry, for the first time. Her husband, Buzz Forward, took her to live in an equestrian community outside Los Angeles, where her life changed dramatically.

She had to learn to ride a horse. She had to learn to cook. She even had to figure out why a neighbor would knock on her door to deliver three kittens, which most “country folks” would understand as essential for keeping down the mouse population in the horse barn.

In fact, on her wedding day, on the way to the church, she had to stop off at the barn, while wearing her wedding dress, to feed the horses before leaving to be married.

In 2011, Doris and Buzz Forward retired to live here at Campus Commons, a lively pair, both loaded with stories and high humor. Buzz died in 2014. Doris lives on here cheerfully, embracing the memories with her dog Jerry.