

Mounting a Challenge



Everest. K2. Kilimanjaro. Why are humans so driven to climb to the highest places on Earth? When mountain climber George Mallory was asked why he dared to climb Mount Everest, he replied, "Because it's there." His answer seemed both childish and heroic, a mixture of folly and fearlessness. Have you ever climbed a mountain? Consider why you did it on August 1, Mountain Climbing Day.

Mallory was one of the first to climb Mount Everest, the highest mountain peak on Earth. Today, more than 600 people every year complete that feat. Similarly, over 50,000 people climb yearly to the top of Mount Kilimanjaro in Kenya to see its famous snows. Obviously, these climbers are not trying to win any accolades for being the first to reach the summit. So if the challenge has been done so many times before, why do people still want to climb? The answer is that the challenge is not necessarily the mountain; climbers climb to challenge themselves. In this sense, the mountain is an innocent bystander.

Serious mountain climbing provides many life lessons. In order to succeed, climbers must have careful planning, teamwork, discipline, athleticism, risk management, and the ability to improvise in a split second. Survival is paramount when you are moving in some of the world's harshest conditions. Many times, people who climb together forge lifelong bonds born out of the cooperation necessary in order to survive.

And then there is the outdoor aspect of a climb. Climbs may be physically and mentally demanding, but they occur in some of the most beautiful natural places on our planet. For many climbers, an ascent is akin to meditation. Climbers are alone on a mountain, intensely aware of their environment in a manner that is transcendent. Mountain climbing allows one to escape civilization and focus only on the essentials of survival. This, for many, is reason alone to climb.

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

Animal Kingdom

Lions, elephants, and orangutans, oh my! August celebrates all these wonderful animals with World Lion Day on August 10, World Elephant Day on August 12, and International Orangutan Day on the 19th. While all of these species are precious and majestic, why should we celebrate such animals? To celebrate animals is to celebrate our human relationship with the entire animal kingdom, of which we are



a part. Humans have evolved from hunters and gatherers, to herders, to guardians and conservationists. We humans have made advances that have allowed us to populate the world, but we cannot do this at the expense of animals. Human health and animal health are interconnected. Only together, as a united animal kingdom, will we survive.

Campus Commons

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 Evening Porters

Richard Beyerl
 Chef/General Manager, Sodexo

Christine's Comments

I'm so grateful to have Barbara back with us! And she returned just in time for Casino Night last month. Did you have a good time? I know I did!

I have some very exciting news to share: Natasha has been promoted to Marketing Director. She has earned this role and I am so very happy and excited for her. I know she'll do a wonderful job for us. Congratulations Natasha!

I know so many of you are pleased to see Sia sitting at the front desk. Sia worked for Sodexo for 14 years and left about six months ago to pursue another line of work. She reached out to me over a month ago and when the time was right, we were able to bring her on board. We think she'll make a great addition to a family she's very used to. Welcome (back) Sia!

Please join us in welcoming the following new residents this month: Anna C., Nathaniel E., Mary H. and Paula R. We are 100% rented – the second time since Campus Commons' history.

We've had kitchen tours on the calendar for the past two months; the first month we had a great turn out, but last month, we did not. It's on the calendar for August 7th only. If interested, please sign up in the office.

Last month I sent everyone a letter about being able to pay your rent online through PayLease. Many of you have already signed up. This is such a convenient way of paying your rent – no more writing out checks. Once you have signed up, PayLease will automatically send your rent (and any additional guest meal charges) to our bank automatically. If you want to sign up, it's quite simple, but you need to get your account number from the office first. Please let us know if you would like more information.

It's still going to be very hot out so be sure you are drinking plenty of water and staying hydrated. Until next month, have a wonderful August.

Activities Corner by Barbara Higley

I would like to thank residents for your many cards of well wishes, love, and support during my recent absence. I have truly missed your smiles and the time spent with you! Your thoughts of me will be long remembered and I sincerely appreciate all the comforting words. They certainly helped me through the difficult days. THANK YOU!!

We had a large group sign up for the luncheon to High Hand Nursery last month and unfortunately, we were unable to take all of you due to the size of the group. Reservations were made in advance, however I learned that other large groups had also made reservations that day and they were limited for space and could only seat ten of our residents at that time. With that being said, I have added the luncheon again to our August calendar for those of you that were disappointed and unable to go. Reservations have been made once again in advance for the first 14 residents to sign-up for the outing. I have added those names that did not get to go that day to the new sign-up sheet. If you are unable to go **Wednesday, August 15th**, please remove your name so that someone else can go in your place.

The State Indian Museum will be here on **Thursday, August 16th**, at 2pm to display artifacts and a docent will be on hand for any questions.

Tonya’s craft class will be offered at **10:30 instead of 10:00am**. Please sign up if you wish to participate on **Monday, August 20th**.

Join us and share conversation with friends **Thursday, August 30th** for the end of the summer “lip smack’n” Ice Cream Social. Humm... Could it be banana splits?

Enjoy the rest of summer as fall is just around the corner!

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

- Ruth Baker, August 6th
- Notch Parino, August 8th
- CeCe Neeley, August 9th
- Edith Ballard, August 12th
- Rick Trnka, August 13th
- Anna Andrews, August 16th
- Ron Rasmussen, August 17th
- Kathy Toth, August 20th
- DD Despard, August 22nd
- Nat Linenberger, August 27th
- Goldie Ramos, August 27th
- Eleanor Witter, August 31st

6th Annual Bingo Bonanza Extravaganza!

Our 6th Annual Bingo Bonanza Extravaganza is Saturday, September 22nd and we will play Bingo for great prizes like we did for Casino Night. This will be our annual fundraising event, and to date, we have raised \$8,001 for Shriners Hospitals for Children. In addition to the Bingo prizes, we would love to have raffle prizes to give away at the end of the night. If you have any friends or family members that would like to contribute prizes for this event, please contact the office. It can be for services, or any items that would make a great raffle prize. More information to follow early next month.

This Month’s Featured Resident by Shirley Riemer

Go ahead. Ask Helen Waterbury what she knows about peaches, and you'll learn plenty. That's because Helen, a recent arrival at Campus Commons, grew up in Gridley, California, a town surrounded by peach trees and peach farmers. She recalls eating peaches on her breakfast cereal, peaches with her ice cream, peach cobbler, peach preserves, peach marmalade – and all the rest.

Helen will even give you the lowdown on how to go about eating a peach (but only while you're standing over the kitchen sink, of course): 1) Put a wet paper towel in one hand, 2) put the peach in the other hand, and 3) start eating the peach until the juice starts running down your arm, then use the wet paper towel to wipe your arm. Experience counts.

Small-town Gridley made life simple for its townsfolk by sounding off three whistles every day. That whistle blew at 8 a.m. (time to go to school), 12 noon (when the family, including her grocery-store-owning father, showed up for the main meal of the day); and 5 p.m. (supper time).

Helen's entrance into the world was a bit of a surprise to her 44-year-old mother, who had already been busy raising a 15-year-old son and a daughter who was hoping for a special gift for her sixth birthday – a bike. Instead of a bike on her birthday, she got a baby sister. The family got another surprise when they learned how much Helen's big brother loved babies, and they watched how he developed such a loving relationship with his baby sister. Although he served in the U.S. military for four years, every time he came home on leave, he took little Helen along with him – just about everywhere he went.



One of Helen's strongest memories is that of the summer canning season, when her mother would spend hours in the kitchen canning and preserving – mostly peaches, of course.

Although the heat in the kitchen was intense, she always kept the kitchen door closed, so as not to heat up the rest of the house. The other rooms were cooled by a “swamp cooler” – a contrivance installed in a window, or in the roof, through which warm dry air was changed to cool, moist air by the simple means of dripping water from a garden hose into the device's wet cooler pads – a contraption most common in southwestern United States before the advent of modern air-conditioners.

Because Gridley, located 70 miles north of the path of the “Delta Breeze,” gained no relief from its cooling air, Helen subscribes to the adage, “The man who invented air-conditioning should be placed in the first row in Heaven.”

After graduating from Gridley Union High School, Helen was offered a job with the California West Life Insurance Company in Sacramento. She worked there for 32 years! The job ended only when the company closed its Sacramento office, leaving Helen, at age 50, without full-time work. She did, however, manage to take on some temporary city and county jobs. And between assignments, she had the time to enjoy many Sports Leisure events.

The big change in Helen's life came when, at age 57, she was placed on disability due to rheumatoid arthritis. No longer able to work, Helen developed a passion for book stores – in malls – down the street – wherever she could find them. And the more comfortable a bookstore's chairs, the better! Almost every day she would go to the mall – searching, shopping, reading, comparing. So don't be surprised to learn why Helen refuses to buy a Kindle. She blames that gadget for closing too many book stores!