

## Marketing Minutes and other Seconds...

We'd like to welcome the following new residents to Campus Commons: Bob Lauten, Margaret Kozlowski and Voneta DeBon. Our New Resident Lunch didn't make it on the calendar this month, but those that are new will receive a special invite to join the staff on Thursday, November 8<sup>th</sup>, at 11am in the dining room.

The Renaissance Society will visit again this month on November 8<sup>th</sup>, 12<sup>th</sup> and 29<sup>th</sup>. This will be the end of the year for them, but they will return again in February.

Tuesday, November 6<sup>th</sup>, is the California General Election and the drop off location for your vote by mail ballot in our zip code is at the Campus Commons Clubhouse located at 650 Commons Drive. They are open November 3<sup>rd</sup>-5<sup>th</sup>, from 10am to 6pm, and on Election Day from 7am to 8pm. Or, as most have done, mail it in. The cost to mail is 68 cents.

For the past few years, we have always acknowledged your birthday the second Friday of every month with an invite to sit with other residents having a birthday the same month. We serve cake (to everyone) and mimosas. We're checking in to make sure you all still enjoy doing that. Do you have any suggestions of how we can change it up, or do something different? If so, let Christine know by emailing her, or dropping off a note in the office.

### Contributed by Ginger Gunnersen...

If PRO is the opposite of CON, is PROGRESS the opposite of CONGRESS?

Joke: What does a politician and a mime have in common?

Answer: They both get a paycheck for pretending to do something!

## 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

## Library News by Pat Edmonds

I am in the process of cataloging all the books in the library. It is my intention to complete this and make it available to you by January 2019. I have been working with our books for more than two years. We are on the honor system, but as I put new donations on the new arrival shelf and shelve books that are returned, I am aware that many books do not find their way back to our library. This deprives all of us to get to read a great book.

Often, more than one book is taken out at a time and those that are not currently being read are placed somewhere and then forgotten. Here's how you can help: I am asking everyone to look around their apartment on tables, bookcases, closets, drawers and under papers and magazines. Ask your kids to help you when they visit. Our books have a "CC" written on the bottom. Bring those books back and place them in the brown basket, or on the table. If each of us is diligent in our search, I will be able to have a better inventory noting all the books we have. Thanks for your help. More on the book catalog will be in the January newsletter.

# Campus Commons

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## Campus Staff

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Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer &  
Tom Combo/Penny Rand,  
Evening Porters

Richard Beyerl  
Chef/General Manager, Sodexo

## Christine's Comments

We are winding up for the holidays, so be sure and look at your November calendar closely. We have staff taking additional time off over the holiday, and we have adjusted some of the transportation times the week of Thanksgiving, specifically on Wednesday, November 21<sup>st</sup>. Lab appointments will be from 9am-10am only! Grocery shopping from 10am-noon and banking at 1pm. Be sure and sign-up in advance, otherwise you will need to sign-up for the following week.

Daylight Savings time begins at 2am on Sunday, November 4<sup>th</sup>. Be sure and move your clocks back an hour. I love having a smart phone because it does it for you. It's all the other clocks in the house that you have to worry about ☐.

Look for your adjusted housekeeping schedule flyer the week prior to Thanksgiving. As you know, housekeeping services will be altered and/or skipped due to the holiday and if any housekeepers plan to take additional time off, it will be noted on the flyer.

Thanksgiving is a time for us to reflect and appreciate all that we have. We are very grateful for all of our volunteers who have helped support our activities program this year. You have all made our jobs a little easier. I, along with Barbara, Natasha & Tonya, will be hosting an appreciation luncheon at Bucca di Beppo on Howe Avenue on **Wednesday, November 28<sup>th</sup>**. All volunteers will receive a personal invitation and transportation will be provided.

From all of us at Campus Commons & Ray Stone Inc.,





Activities Corner by Barbara Higley

Fall is in the air and the coolness of the season, along with the vibrant colors, is refreshing after a warm summer. The holidays will soon greet us, and I find myself repeating the question. Where did the year go!?

Residents are invited to meet and discuss plans for the 2019 gardening group on **Thursday, November 1<sup>st</sup>, at 1:00pm** in the Activity Center. Bring your suggestions and ideas, as this will be an open discussion. We hope to see you there!

Blue Line Art Gallery in Roseville, known for showcasing the “cutting edge” of art with such uniqueness, will host the 25<sup>th</sup> Annual “Taste of Tour” preview show on **Wednesday, Nov 7<sup>th</sup>**, and we will plan to visit the gallery that day. You will be impressed as soon as you walk through the door by both the quality and quantity of fine art available for viewing. They offer several exhibits throughout the year, so you will definitely want to return from time to time. A must see!

Residents will have the opportunity to visit and shop for those specialty holiday cookies for those on your holiday list. We will visit Spaan’s Cookie Factory in Galt and have lunch at the well-known Brewster’s Grill where the wine cellar is showcased from the spectacular glass floor on **Wednesday, November 14<sup>th</sup>**.

Campus Commons Physical Therapy will provide residents with an educational presentation on **Thursday, November 15<sup>th</sup>**, on the Introduction to Laser Therapy at **1:30pm** in the Cabaret Lounge. Join others for this informative presentation with time allowing for any questions you may have in regards to this new procedure.

Join us **Monday, November 19<sup>th</sup>** for a pre-holiday performance of the Franklin Music Society. A group of talented high school students with instruments and singing that will surely be enjoyed by all.

November Birthdays

In astrology, Scorpios are those born between November 1–21. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers. Those born between November 22–30 are Archers of Sagittarius. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom.

- Fran Messenger, November 2nd
- Mary Lou Owen, November 6th
- Barbara Long, November 7th
- Ruth Magaziner, November 7th
- Russ Ellis, November 16th
- Annelise Nugent, November 19th
- Susanne Coleman, November 21st
- Catherine Cieply, November 22nd
- John Bost, November 24th
- Shirley Price, November 24th
- Pat Cameron, November 28th
- Diane Pitter, November 30th

Culinary Corner

Sodexo will offer baked pies boxed up and ready for you to take to family and friends for Thanksgiving. The order forms have been placed in the binder on the table as you enter the dining room. All the information is on the order form. You will be billed for your Thanksgiving pies with your December rent.

Our Thanksgiving Brunch Buffet will be offered to you on Thursday, November 22<sup>nd</sup>, from 11am to 1pm. The cost for guests is \$15 per person. I’d like to remind you that this is one of our holidays where the Sodexo team leaves early to be able to spend with their family, so a boxed dinner will be available to you. Please sign up for your choice and you can pick up your boxed dinner during brunch, or after by asking the office personnel.

November’s Featured Resident by Shirley Riemer

“Good morning, Nina Lyon! Now that you've been at Campus Commons for nine months, what might you be up to today?”

Well, if you know Nina Lyon, you'll find that's a very tough question! Let's see...

Nina participates in the Garden Club. She attends Trivia sessions. She goes to Word Makers. Every Monday morning, she helps out at the General Store. Nina plays bridge. Nina plays Mexican Train with that group. She's in the process of starting a Campus Commons Poker Club. She never misses a session of Encore. Nina attends the exercise sessions every morning. She also attends the crafts classes.

Nina uses Campus Commons' transportation services for doctor visits, as well as for shopping trips to Target, the Dollar Tree, and Michaels, to name a few of her favorite destinations.

Long ago, Nina decided she would like to have a computer. But she knew nothing whatsoever about computers! So, she signed up for two computer classes, both running simultaneously, meeting three times a week. After completing the courses, and satisfied with what she had learned, she went out and bought herself a computer!

That computer sure comes in handy when it comes to reserving books from the Sacramento Library website, especially since its bookmobile delivers them here to Campus Commons once a month. And on that library website, she can reserve up to 30 books at any one time.



Of course, a good number of those titles may land on waiting lists. It’s not unusual to see Neal, the bookmobile driver, delivering a bag of 20 to 30 books to her - the number depending on how long some of her requests have worked their way through the waiting lists. Nina also regularly uses her computer to search her favorite authors' websites, to help her make book-choice decisions.

In short, Nina has made it quite clear that she is no “shrinking violet.”

Long before coming to Campus Commons, Nina – San Francisco born and raised – held a number of positions in that city. But take a look at the very first job she took: she was hired – at age 13 – by the U.S. Army Engineers in San Francisco, for help in running the mimeograph machine. That's right. First job – age 13!

Just after finishing college, she worked for the OPA (Office of Price Administration) in San Francisco).

Later, after marriage. Nina stayed home with her children, but nevertheless participated all the way through the various stages of PTA involvement while her children were in school. These daughters, by the way, have gifted her with four great-grandchildren!

And the list goes on: Nina has been active in politics – in the lieutenant governor election, for example. She volunteered for the California Children's Home Society, an adoption agency. And for 20 years she worked for the California Teachers Association.

It was Nina's daughter who took on the search for a place for her mother to retire. After investigating Campus Commons, she advised her mother, “Try it.” A few weeks later, her daughter called – “How's it going, Mom?”

Nina's response: “I love this place!”